



Seeds of Gold

Our Garden of Eden in town

They planted guavas, bananas and pawpaws for beauty; now they make millions from the fruits



Raila now moves to secure base

P.5 Leader unites warring county leaders, saying the success of devolution will boost his chances

SATURDAY NATION

★★★★ Nairobi | August 15, 2015

KSh60/00 (TSh1,700/00 : USh2,700/00 : RFr900/00) www.nation.co.ke

No. 18388

TRADE | Opposition leaders fear that barons will use pact to bring in Brazilian sugar disguised as Ugandan

Uhuru on offensive to limit damage of sugar trade deal



Uhuru Kenyatta, President:
Announced sugar import agreement after State visit to Uganda.



William Ruto, Deputy President:
Was in Busia yesterday speaking against Raila Odinga.

Jubilee leaders camp in sugarbelt region to allay fears of a collapse of the sector as Cord plans its own rallies to call for rejection of agreement

BY BERNARD NAMUNANE
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The Jubilee administration yesterday went on the offensive in a bid to limit the political damage of the yet-to-be made public sugar trade deal with Uganda. The ruling coalition leaders were

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ON OTHER PAGES

BUSINESS

BANK SINKS UNDER DEBTS

Central Bank places Dubai Bank under receivership to protect depositors, lenders and wananchi. **P. 41**

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RAINS HAVOC

JARED NYATAYA | NATION
Relatives and friends mourn the death of five boys at Tekoa Village in Lumakanda, Kakamega County yesterday. The boys were struck dead by lightning while sheltering under a tree at St Lukes Lumakanda Boys High School on Thursday.



Football game ends in lightning tragedy

BY DENNIS LUBANGA
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A football game turned tragic for five primary school pupils in Kakamega county when they were struck dead by lightning.

The children were aged between seven and 14 and were playing on the grounds of St Lukes Boys High School in Lumakanda, Lugari when disaster struck on Thursday evening.

Yesterday, grief engulfed their homes in a radius of about a kilometre, as relatives and friends met to mourn and plan their funerals.

Relatives said the boys were playing in the school grounds when it started raining. They took shelter under a big tree in the school where they were hit by the lightning.

One of the children sustained serious injuries and is being treated at the Moi Teaching and Referral Hospital in Eldoret. Four were identified

CONTINUED ON PAGE 2



MWANASPOTI SIKU YA VALENTINE



MWANASPOTI SIKU YA MECHI

WACHA SPOTI IBAMBE!

Usikose habari moto moto, matokeo ya ligi, makala spesheli, maoni na umbea wa michezo kupitia gazeti la kipeeke la spoti nchini.

PATA NAKALA YAKO KILA JUMANNE NA JUMAMOSI



TRAGEDY | The boys sheltered under a tree when it started raining

Families mourn as five pupils killed by lightning

CONTINUED FROM PAGE 1

as Eugene Salano, 10 and his brother Bramwel Amudavi, 13, Milton Iduyanga, 9 and Prayful Rojo, also 13.

Mr Edward Nzayi, the father of Eugene and Bramwel, was in shock at his home. The two boys were in class four and six respectively.

The tragedy comes just a day after seven pupils of a Murang'a primary school drowned in the Indian Ocean while on holiday in Kwale.

"I was informed by a neighbour that my two sons were among those children struck by lightning while playing football. I rushed to the school but found that the bodies had been taken to Lumakanda sub-county hospital," said Mr Nzayi.

"I was grief stricken when I saw the bodies of my sons in a police vehicle. I asked God to give me strength to accept what had happened," the father of two daughters said.

Mr Nzayi described his sons as bright boys in class who were also football enthusiasts.

Mrs Rose Muhonja lost her a 13-year old son who was in class six.

She said that she was informed of the tragedy by a family member who asked her to go to the Lumakanda sub-county hospital. She arrived there only to find that the body of her son had been

INFORMATION

How to avoid being struck by lightning

Avoid open areas like fields, golf courses and parking lots.

Stay away from all forms of metal. Lightning is electricity and metal is a conductor of electricity.

Stop swimming and stay away from water. Water is a conductor.

Don't stand under tall objects like trees or towers.

Don't fly objects like kites.

Don't carry an umbrella. The pointed end will attract lightning.



PHOTOS | FAMILY ALBUM
Eugene Salano (left), 10 years, and Bramwel Amudavi, 13.

friend on phone while at work in Kaimosi, Vihiga County approximately 150 kilometres away.

"I could not travel back home because it was late in the evening. I have visited the mortuary and confirmed that indeed my son is gone," Mr Isutsa said.

Mrs Jane Majani said that her 11-year old son knew the dangers of playing in the rain as they had been taught in school.

Mrs Pamela Jumba whose son survived and is in hospital in Eldoret said he suffered a crack in the head and injuries on the mouth.

"The boy is recuperating well and the doctors have



Milton Iduyanga, 9.



Prayful Rojo, 13.

told us that he is in a stable condition. He has a swollen head and injuries on the mouth," said Mrs Jumba. She said that her son was position 12 out of 86 last term.

The families said they may conduct a requiem mass together before burying them separately.

Gaitho, Kiseru retire as NMG makes key changes in editorial



BY SAMWEL BORN MAINA

The Nation Media Group yesterday announced changes in its editorial department which saw the retirement of veteran journalists Macharia Gaitho (above left) and Jaindi Kiseru (right).

Editor-in-Chief Tom Mshindi said in a communication to staff that Mr Gaitho, who was managing editor for special projects and Mr Kiseru, who was in charge of business and economics, had requested to go on early retirement.

The changes also saw the appointment of Mr Dennis Galava, previously managing editor, *Saturday Nation*, as managing editor for special projects and investigations.

Mr Tim Wanyonyi, who has been the acting *Saturday Nation* managing editor, has been confirmed to that position.

Mr Gaitho, a former chairman of the Kenya Editors Guild, is a respected political analyst known for his objective and sometimes irreverent analyses, while Mr Kiseru is an incisive economic commentator.

"I wish to congratulate both Macharia and Jaindi for a truly exemplary career in journalism. They represent the kind of commitment, hard work and focus that we all hope can

be an example and inspiration for the young crop of journalists coming through the ranks. For us at NMG, it has been a pleasure to work with them," Mr Mshindi said.

The two will continue writing their weekly columns and also serve the company as consultants whenever required.

Mr Mshindi said NMG would work to improve its journalism and manage the transition brought about by technology.

"We will work to both protect print and take advantage of the opportunities being offered in the digital space," he said.

In a farewell letter to *Nation* journalists, Mr Gaitho stressed that he was taking early retirement on his own volition and that he was pleased to have served in the newsroom for over 15 years.

"It's not easy leaving a family, but I opted to take voluntary early retirement because after more than 15 years of service, there was need for change. It has been a period of shared triumphs and trials with so many of you, lasting friendships that must be maintained, and the daily routine and adrenaline of producing a newspaper that will not be easy to let go," Mr Gaitho said.

In your **SUNDAY NATION** Tomorrow

Why sugar deal is sweet for Cord, but sour for Jubilee

It has been a difficult week for the Jubilee administration following pressure from Cord leader Raila Odinga over a deal to allow sugar from Uganda into Kenya. The opposition seems to have rattled President Uhuru Kenyatta and upset regional political interests. We bring you details of intrigues in the sugar deal that threatens to turn sour.

Dirty tricks of rogue traffic police

The recent revelations that traffic police could be covering-up evidence after serious road accidents shocked Kenyans. It is a fate many innocent Kenyans have faced. We dig deeper to show you just how bad the rot is and what the authorities should do to put the brakes on rogue law enforcers subverting justice.



How safe is your child on that school trip?

Educational tours appear to be the in-thing in many schools across the country. While parents sometimes pay through the nose so that their children can travel to various destinations, the responsibility of ensuring that the children are safe falls heavily on

teachers. But after recent tragic incidents, what standards exist to make sure that the children will be safe during such trips?

PLUS: Meet Ms Monica Muhoro, the teacher who refused to quit North Eastern Kenya over insecurity. And why she's staying put as her colleagues scamper out of the region.

Swazuri orders dissolution of land buying companies

BY NATION CORRESPONDENT

All land buying companies which had bought land and settled their members should be dissolved, the National Land Commission directed yesterday.

Chairman Muhammad Swazuri said the companies were only set up to buy land and settle their members.

"That was the sole objective, and because that was done, why do these companies still exist?" he posed.

Speaking at Mwicuri secondary school grounds in Kieni East sub-county in Nyeri after he met directors and farmers of Mwicuri Farmers Limited, Mr Swazuri said such companies should be dis-

solved because all its members now had the land.

The chairman with his team had toured the area to try and understand the genesis of a prolonged tussle between two factions claiming the ownership of 3,127 acres of land.

The members of Mwicuri were allocated the land through purchase in 1971.

Mr Swazuri directed the two conflicting groups to forward all their documents to the commission for perusal and necessary action to be taken.

He said the commission had started identifying the beneficiaries of Waitiki farm at the coast and solving problems surrounding the standard gauge railway and KARLO land in Naivasha.

Only in the SUNDAY NATION. Don't miss your copy

INSECURITY | Notorious Superpower hoodlums in Eastleigh attack man who won the President's praise for his efforts

Gang knives peace crusader, leaves him for dead

Salah was among 27 people who took part in a 34-day Walk of Hope in a bid to end clan wars in volatile northeastern region

BY SAMWEL BORN MAINA
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In a matter of weeks, Salah Mohamed has climbed down from the high of meeting the President at State House to lying on a dingy backstreet of a Nairobi suburb, while fighting for his life after a gang attack.

Salah was a participant in the Walk of Hope, in which 27 young men walked from Tana River County to Mandera to campaign for an end to clan warfare and insecurity in the north.

It is his leadership role in the 36-day walk during Ramadhan that landed him an invitation to State House to meet President Uhuru Kenyatta, who thanked him for his peace efforts.

But on August 7, just weeks after that meeting, he was attacked as he walked to his house in Eastleigh. He was a victim of a dangerous and illegal outfit calling itself the Superpower, which has been terrorising Eastleigh residents for years with impunity.

"He was safer walking in the bushes of northeastern Kenya than in the concrete jungles of Eastleigh," said journalist Yasin Juma in a post on his Facebook wall, which has contrasting pictures of Salah with the President and with stab wounds on a hospital bed.

"They were four. They were merciless and any form of resistance would have sent me to the grave. But even though I cooperated, one of them stabbed me in the back and missed the kidney by a whisker. None of them has been arrested," he told *Saturday Nation* yesterday. He lost cash and a mobile phone.

The Superpowers are not alone. In Eastleigh, multiple criminal gangs thrive on mugging, robbery, extortion and intimidation.

Another well-known group is SK, acronym for Sitaki Kujua, which translates into a defiant "I don't want to know".

A *Saturday Nation* investiga-



Salah Mohamed during the interview at Nation Centre yesterday. He was attacked by Superpower gang in Eastleigh, Nairobi. The gang stole his mobile phone and money.

JEFF ANGOTE | NATION

tion has revealed that the gangs control the streets with impunity as police appear to look the other way.

Matters have been made worse due to lack of a proper police station. Police patrols decline during when the gangs wreak terror.

Residents who spoke to *Saturday Nation*, but requested not to be named as it would risk their lives, said the gangs are known to the locals and police, but it had become difficult to contain them because the members are well-connected.

The gang members are young Somalis, some of whom have been deported from Western countries. According to the residents, the gangs, have divided Eastleigh into territories and are most active between 3 am and 5.30 am.

Although Nairobi police chief Benson Kibue said officers' patrols have been increased in the area, residents say the gangs continue to rule the streets with impunity.

"None of them has ever faced

27

Number of young men who took part in the 36-day Walk of Hope from Tana River County to Mandera in a bid a campaign against clan war.

“

They were four. They were merciless. Any form of resistance would have sent me to the grave”

Salah Mohamed

jail time. These children have money because their parents are rich. Once you arrest them, they are easily bailed out,” a resident said.

As police try to wipe them out by arresting them, the numbers of these gangs continue to swell because they are easily released when taken to court.

"We have increased police patrols in the area to deal with these gangs. We are also in the process of making the two police posts in the area full-fledged police stations," Mr Kibue told *Saturday Nation*.

Admitting that crime in the area had reached runaway levels, local Member of Parliament Yusuf Hassan said: "I have spoken on numerous occasions on the growing threat of gangs in Kamukunji and the need for the state to take action."

Many of the members of these groups are from rich families who were deported from the US, UK and Canada because they have a criminal past.

"They have money. Whenever they are arrested and taken to court, they come back because they pay bribes. This is becoming difficult to contain as they continue to give us sleepless nights," said Mr Isaack Godana, an elder in the area who is also in charge of the Nyumba Kumi drive.

"They walk in groups and their hair cut is different from the rest of the people. The trousers they wear are called pipes (tight fitting) and they wear very strong cologne," said Mr Godana.

Saturday Nation spoke to one member of this dreaded group who joined the group after he was deported from the US in 2014.

Superpower countries

"When I arrived, there were many of us who had been deported and to send a message that we are strong and relevant, we formed Superpower, which essentially means that we came from super power countries," he said.

He said after mugging residents, they take the goods to a broker who pays.

"Normally, we go for expensive things. Our target is not the poor, we target the rich since we know they carry expensive stuff which can support our expensive lifestyles," he said.

Mr Wilson Irungu, Eastleigh garage Assistant Chief, said the gang has a modus operandi like that of Mungiki.

"This is a real problem. We are closely working with the locals to unravel all the gang members," Mr Irungu said.

He said the gangs were growing bigger because young boys were enticed into joining them by their older counterparts.

"Normally they start off as young boys who are innocent and attending school but as time goes by, they are inducted into local gangs," said Mr Irungu.

Mr Abdi Abdalla, a security supervisor, said he feared the violence was set to escalate as the gangs have started turf fights.

In your copy of

The EastAfrican

SECRETS OF UHURU-MUSEVENI 17-POINT AGENDA

Sugar topped the list of 17 disputes between Kenya and Uganda, ranging from Kenyan beef exports to Migingo island.

SIGNS OF CHAOTIC UGANDA ELECTIONS

Retired Maj Roland Kaoza Mutale, a man with a history of election violence, is training youth in the bush to attack the opposition.

Plus:

RWANDA-UK FALLING OUT NOT OVER: A United Kingdom court has released head of intelligence Lt Gen Emmanuel Karenzi Karake, but Rwanda is still demanding an explanation for the arrest

'TIS THE SEASON FOR DEFECTIONS IN TANZANIA: More ruling party Chama Cha Mapinduzi cadres defect to the opposition after losing out in the nominations

On sale from Saturday

Look out for more of our incisive news and analysis of politics, culture, business and markets

TRADE | Under regional agreements there is nothing wrong with Kenya importing sugar from Uganda to address its deficit

Jubilee and Cord face off over sugar deal

CONTINUED FROM PAGE 1

in various counties in the sugar cane growing belt.

The coalition had made some inroads in the regions of western Kenya but all that is now at risk of being wiped away by the controversy surrounding the trade agreement President Uhuru Kenyatta reached with his Ugandan counterpart Yoweri Museveni.

Yesterday, the president who was in Kisumu to attend a schools music winners festival, was cheered by wanjani at various stop overs when he said his government will revive ailing industries in the region.

Although he did not speak directly about sugar, Mr Kenyatta said he will work to revive the cotton industry and make Kisumu the hub of East African integration projects.

And Deputy President William Ruto led a host of Jubilee leaders in a foray in Nambale, Busia County where he criticised Cord leader Raila Odinga who has used the outcry over the sugar deal to endear himself to voters in the region.

On Thursday, MPs from Western snubbed a meeting called by the President at State House to discuss the issue.

Instead they met Mr Odinga and demanded that the president makes public details of the pact under which Ugandan sugar will be sold in Kenya.

And yesterday, *Saturday Nation* established that Government operatives were still making frantic efforts to convince the leaders to agree to talks on the matter.

"It's only the Government which can sort out the mess in the sugar sector...the Opposition can only lament," Majority Leader Aden Duale said in Busia.

The President now finds himself in a tight corner where he has to balance Kenya's obligations to regional economic blocs and local political interests.

Under the EAC and Comesa protocols member countries are allowed to import sugar from each other to meet deficits and so technically, there is no problem with Kenya importing the commodity from Uganda which produces 23,100 tonnes daily.

However, Mr Odinga and other leaders argue that sugar barons will use the pact to flood Kenya with Brazilian sugar disguised as originating from Uganda.

In an apparent bid to address these fears, Industrialisation minister Aden Mohamed yesterday said the government will put in place measures to ensure this does not happen. (See separate story on this page)

President Kenyatta was warmly received in Kakamega when he handed over a Sh1 billion cheque to help in the revival of the ailing Mumias Sugar Company, Kenya's biggest producer.



PHOTO | DPPS

Deputy President William Ruto with (from left) Busia senator Amos Wako, Nambale MP John Bunyasi and Busia Governor Sospeter Ojaamong at Nambale High School where he laid a foundation stone for a new dormitory yesterday.

Yesterday, ODM secretary general Ababu Namwamba hinted that the Uganda sugar pact could have perilous outcome for the Jubilee administration when he said the welfare of their people overruled everything else.

"Choices have consequences. We lead a people who are fully aware of what is happening around them. At the end, they will see who is sincere and who is insincere to them. They know when one is keen to help them meet their welfare and when they are being taken on a political ride for votes. As leaders, we will guide them accordingly," he said on phone.

23,100

The amount of sugar in tonnes that Uganda produces per day.

The former Western province which boasts at least six million eligible voters is seen a swing vote region by the Jubilee and Cord Coalitions.

It is home to the third political force led by the Amani National Congress leader Musalia Mudavadi who said that the region should learn to wean itself from the two blocs.

"What the sugar deal has shown is that there are lessons that our people have to learn and that is to stand together to protect their interests by joining up in one political vehicle," he said.

Lugari MP Ayub Savula, who has had close ties with State House, demanded that the deal with Uganda should be made public before leaders meet the President.

"I am not going to compromise on the issue of sugar because it is the livelihood of my voters. All the cards need to be placed on the table before we talk. We do not want to play with wild cards hidden under the table,"

he said on phone.

Mr Duale and his Senate counterpart Kithure Kindiki, Senators Charkes Keter and Kipchumba Murkomen and MPs Moses Cheboi, Eric Keter, Tiya Galgalo, Leonard Sang and James Lemenon attended functions in Kericho and Webuye before joining Mr Ruto in Nambale where they urged Western Kenya leaders to meet President Kenyatta over the sugar deal.

"The sugar industry did not start facing problems recently.

The problems we are witnessing now were worse when there was a coalition Government where Raila was a shareholder," said Mr Duale.

Mr Odinga's Thursday meeting resolved to conduct intensive political rallies in the sugar belt region to campaign against the Uganda sugar deal. The rallies would be held in Bungoma, Homa Bay, Kakamega, Busia, Kisumu, Migori, Narok and Kwale.

Ruto defends agreement amid criticism

BY NATION
CORRESPONDENTS

The sugar agreement signed with Uganda is meant to flush out unscrupulous traders who deal in the sweetener in Kenya, Deputy President William Ruto said yesterday.

Mr Ruto said the deal would ensure sugar boards in the two countries work in cooperation to ensure only genuinely produced sugar in Uganda was marketed in Kenya.

"The deal was meant to protect local farmers against cartels that have been illegally importing cheap sugar from other countries through Uganda," he said.

Mr Ruto said the traders behind the importation of illegal sugar had flooded the local market with their products, which they package as those produced by local sugar factories.

"These people come and package their sugar in Mumias Sugar Company packets, purporting that the commodity has been produced in Kenya, while local factories are stuck with unsold products," he said.

He spoke during rallies in Kericho, Webuye and Nambale.

Mr Ruto said the government was committed to protecting farmers against illegal sugar dealers.

National Assembly Leader of Majority Aden Duale wondered how western Kenya MPs were going to address the sugar crisis if they were not ready to discuss it with the Government.

"It's only the Government which can sort out the mess in the sugar sector ... The Opposition can only lament," said Mr Duale, whose sentiments were echoed by other MPs.

Rogue traders

Mr Duale, and Elgeyo Marakwet Senator Kipchumba Murkomen accused Mr Odinga of hoodwinking western Kenya leaders when he had done nothing for the region.

"What can Raila offer western Kenya now that he did not when he was the Prime Minister?" asked Mr Duale.

Mr Mrkomen said the Government must continue to pursue cartels that had brought the sugar industry

to its knees.

Tharaka-Nithi Senator Kindiki Kithure said individuals who brought down Mumias and rogue traders who have flooded the market with cheap sugar were known and the government was dealing with them.

The Deputy President said the Jubilee government was committed to bringing development to all corners of the country by working with leaders, irrespective of their party affiliations.

At the same time, Industrialisation Cabinet Secretary Aden Mohamed said measures were being put in place to keep illicit sugar out of the market. The minister said a new unit of 100 police officers had been set up to fight counterfeit goods.

Graduation

He spoke at the Kenya School of Governance during the graduation of 20 officers, the first batch attached to the Anti-Counterfeit Agency.

Mr Mohamed said President Uhuru Kenyatta had already ordered entry points along the Kenya Somalia border to

be restricted to three.

"A month or two ago, the President authorised only three entry points along the Kenya-Somali border, which will be manned by police officers and customs officials," he said. He added that his ministry would not allow the importation of cheap sugar being repackaged to serve the Kenyan market.

Reacting to protests

Mr Mohamed was reacting to protests by the Opposition against the sugar deal signed by President Uhuru Kenyatta and his Ugandan counterpart Yoweri Museveni.

Elsewhere, Agriculture, Fisheries and Food Authority Director-General Alfred Busolo said a number of suspicious applications to import sugar were cancelled two months ago.

"There are quite a number of applications that have been rejected. There was documentation that was not quite in order," said Mr Busolo.

Reported by Linet Wafula, Lilian Ochieng' and Otiato Guguyu



POWER SUPPLY INTERRUPTION

We wish to inform our customers in Mowlem, Tononoka, Dandora, Korogocho, Light Industries and Kariobangi South that power supply will be interrupted this weekend (Saturday 15th August and Sunday 16th August 2015) to allow for system upgrade works aimed at enhancing the quality and reliability of power supply serving these areas and its environs.

Kenya Power regrets any inconvenience that may be caused during the operation.

AREA: MOWLEM & DANDORA FEEDER

DATE: SATURDAY 15.08.2015 TIME: 8.00 A.M. - 5.00 P.M.
Tononoka, Dandora Ph1, Ph2, Ph3, Ph4 & Ph5, Korogocho, Part of Lucky Summer & adjacent customers.

AREA: LIGHT INDUSTRIES FEEDER

DATE: SUNDAY 16.08.2015 TIME: 8.00 A.M. - 5.00 P.M.
Whole of Light Industries, Dandora Ph1, Civil Servants Estate, Part of Kariobangi South & adjacent customers.

www.kenyapower.co.ke

TACKLING WRANGLES | Leader accuses national government of fighting devolution

Raila steps up bid to end rows in counties

Efforts meant to improve services in regions under Cord's control, thereby ensure support for coalition before next poll

BY SATURDAY NATION TEAM
newsdesk@ke.nationmedia.com

Cord leader Raila Odinga has intensified efforts to resolve conflicts in counties under the coalition's control.

Mr Odinga is keen to ensure Cord county leaders deliver so that he can claim credit for the success of devolution.

He is aware that failure by the coalition's governors would make his campaign for the 2017 poll difficult.

The politician, who is also the ODM leader, has intervened in conflicts in Kisumu, Makueni, Nairobi and Nyamira counties.

He visited Siaya on Friday last week and defied calls not to open a refurbished county assembly amid corruption claims against Governor Cornel Rasanga.

Yesterday, Mr Odinga told members of county assemblies to stop wasting public resources in foreign trips. He said they should channel the funds to projects that improve the lives of the electorate.

"As Cord representatives, you were elected to perform. Your success is

my success, and your failure is my failure," he told Taita-Taveta county assembly members yesterday.

He said the coalition would be judged by its performance.

Mr Odinga said if leaders in Taita-Taveta and the Coast region, which are Cord strongholds, perform better than their opponents, he would stand a higher chance of winning the presidency.

He condemned countrywide wrangles between governors and county assembly members.

Inadequate funding

"Devolution is being fought by powerful forces from the national government and other quarters that do not want development at the grassroots. Some county assembly members have joined the fight against devolution by seeking the removal of governors, executives, speakers and other leaders. You must be defenders of devolution. These fights are needless," he said.

He said the new system of governance was facing challenges, including inadequate funding of counties by the national government.

"MCAs must stand for that child in Pokot who cannot go to school like his agemates elsewhere. You must stand for that woman in Turkana who cannot access health care as other women elsewhere," he said.

Taita-Taveta Governor John Mruttu said the executive and county assembly members have failed to agree on a



Cord leader Raila Odinga is welcomed by Taita Taveta Governor John Mruttu (second right), Voi MP Jones Mulolwa (left) and Wundanyi MP Thomas Mwadeghu at Mwanyumba grounds in Taita Taveta County yesterday.

number of issues but later ironed out their differences amicably. Political analysts argue that Mr Odinga has presented himself as the chief protector of devolution.

"Devolution has brought wonders to some of the counties that were long neglected. Cord is making sure that we make this God-given opportunity to serve our people," said Kakamega Governor Wycliffe Oparanya.

"We seem to be at war with a government that does not show much support for devolution," said Mr Oparanya, who is also the ODM deputy party leader.

Mr Odinga has supported calls for counties to be given 45 per cent of the national revenue.

But President Uhuru Kenyatta and his deputy William Ruto argue that the governors must account for the money they have first before asking for more. The two want to make sure that the public reaps from money that goes to counties.

Orange party MPs Opiyo Wandayi and Junet Mohamed also confirmed that Cord wanted to ride on the success of devolution to win the presidency next year.

When Kisumu Governor Jack Ran-

guma, his deputy Ruth Odinga and the assembly were almost unable to work together in February, Mr Odinga intervened by commissioning a committee to investigate claims of misuse of funds.

In Siaya, Mr Odinga has summoned Gem MP Jakoyo Midiwo and Governor Cornel Rasanga, who have been wrangling over the management of the county. He wanted to know what prevents the county from achieving its targets.

The Cord leader has also spent time fighting fires in Makueni as well as ensuring that Nairobi Governor Evans Kidero and assembly members, whom he has met a number of times, work together.

Though Migori Governor Okoth Obado was seen to be leaning towards Jubilee, he hosted Mr Odinga last month.

"When you see the Cord leadership calling meetings in warring counties, we do not do so to protect any governor. We all need not shout a lot when only one mistake is done," Mr Mohamed, who is also Suna East MP, said.

Mr Odinga's forays have however reportedly caused jitters among Cord Principals Kalonzo Musyoka and Moses Wetangula who see them as Mr Odinga's launch of the campaigns before Cord picks the presidential flag bearer.

Reported by Patrick Langat, Laban Robert and Lucy Mukanyika

Hundreds line up at embassy for China visa

BY NATION CORRESPONDENT

Hundreds of Kenyans have been queuing outside the Chinese embassy in Nairobi for visas to the Asian country since July 1.

Yesterday morning, the hopeful travellers were found conversing outside the embassy gate.

Since July 1, the embassy requires visa applicants to book an appointment date online. The embassy said this was aimed at reducing long queues of applicants.

New appointments

Allotments are full until September 30, according to a notice by the embassy, implying new appointments can only be made from October 1 unless one has an emergency or a diplomatic visa.

"I have been coming here since July and each time I am told my visa is not ready without any valid reason," said a trader.

The government said yesterday it will investigate.

"We are sending representatives to ascertain the root of the matter," said Foreign Affairs Principal Secretary Karanja Kibicho.

But Mr Yao Ming, a counsellor at the embassy said the congestion was being caused by applicants who were not using their slots allocated online.

He said the embassy may consider outsourcing the visa service to address the issue. The embassy receives 100 applications daily.

Doors 'opened for sugar smugglers'

BY NATION CORRESPONDENT

Cord leader Raila Odinga has said the livelihoods of more than six million farmers is at stake due to a looming influx of illegal, cheap sugar following President Uhuru Kenyatta's intention of allowing importation of the sweetener from Uganda.

“

The market is filled with illegal sugar from Brazil. It is taken to Kisumu and smuggled in the country,”

Mr Raila Odinga, Cord leader

Addressing a public rally at Mwatate in Taita-Taveta County yesterday, he claimed senior government officials, whose names he could not disclose, are behind the importation of sugar from Brazil through Somalia.

Mr Odinga said the

importation plan from Uganda would be a camouflage for the illegal trade.

"The market is filled with illegal sugar from Brazil. It is taken to Kisumu and smuggled into the country. Warehouses of more than 10 local firms are filled with sugar, which has no market," said the former Prime Minister.

He also claimed that supermarkets, which do not own sugar factories, have stocked the product bearing the outlets' names.

Mr Odinga questioned how the Ugandan Government would satisfy the Kenyan market, yet it is unable to meet its own domestic demand.

He claimed the government does not care about the farmers, but the interests of a few influential people.

Mr Odinga alleged that this another corruption plot.

"Tenders are only for a select few. The government has failed to deliver. I urge you to arm yourselves with guns and ammunition. Your national identity card is your gun and a voter's card your ammunition for the 2017 polls," he said.

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TERRORISM | Kalonzo faulted over call for pullout

Karangi defends Kenya troops' stay in Somalia

Withdrawal of forces will expose country to more terror threats, says retired general

BY GALGALO BOCHA
AND GITONGA MARETE
newsdesk@ke.nationmedia.com

Retired Chief of General Staff Julius Karangi has told off the Opposition over its call for Kenya to withdraw its soldiers from Somalia.

The retired General said the time was not ripe for a pullout. He warned that withdrawing the troops would create a vacuum in the 300,000-kilometre Juba buffer zone and expose Kenya to more terror threats.

He directed the remarks to Wiper leader Kalonzo Musyoka, who represented the Opposition at the Law Society of Kenya annual conference at the Leisure Lodge Beach and Golf Resort in Diani, Kwale, on



“

We went to Somalia to create a buffer zone between Kenya and Juba River, which Al-Shabaab had made its home”

Rtd General Karangi

Thursday.

Rtd General Karangi delivered a speech on security and terrorism to over 1,000 lawyers, who gave him a stand-

ing ovation.

Mr Musyoka had said: “Continued terror attacks that resulted in the collapse of tourism led us to send our troops to Somalia. But now it’s time we reviewed our position because their continued stay there does not serve a very useful purpose.”

But rtd General Karangi accused the Opposition of hypocrisy, saying some of its members were part of the team that made the decision to take the soldiers to Somalia.

He said the decision was taken by President Mwai Kibaki, Vice-President Musyoka, Prime Minister Raila Odinga, Foreign Affairs minister Moses Wetang’ula and the national security committee.

“I was only ordered to implement it,” he said.

The retired general further said the decision was not made as a result of a decline in tourism.

“We went to Somalia to create a buffer zone between Kenya and Juba River, which Al-Shabaab had made its home.

NOT GUILTY | Man denies fraud charge

PAUL WAWERU | NATION

James Patrick Kumo Murage in a Nairobi court yesterday where he was charged with obtaining Sh7,595,000 from David Chege Mworio at Upper Hill Co-operative Bank in Nairobi County by pretending that he was in position to sell him 17 pieces of land. He allegedly committed the offence on diverse date between April 19 and October 17, 2013. He denied the charge and was remanded at Central Police until August 25 for interrogation.

Transport to ease as ferry starts work

BY NATION
CORRESPONDENT

Delays at the Likoni crossing channel are expected decrease after the *MV Likoni* ferry resumed work. She was withdrawn in May for major repairs.

The *MV Kilindini* and *MV Harambee*, which are over 20-years-old have been slow.

Speaking in Mombasa yesterday, Kenya Ferry Services Managing Director Hassan Musa Hassan said: “We know it has been inconvenient, but safety is paramount.”

Passengers increase

There has been surge in passengers, who have grown two-fold in the past five years. In 2011, the firm handled an average 150,000 passengers daily.

“We now deal with more than 300,000 passengers and over 6,000 vehicles crossing the Likoni channel every day” said Mr Hassan.

Passengers are not charged on the ferry, but vehicle owners pay a fee.

Last year, the service transported approximately 108,000,000 passengers and close to 2,000,000 vehicles from the island to mainland.

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The EastAfrican 20

Mutua warns lawyers of regulation

BY NATION
CORRESPONDENT

Lawyers have been told they could be regulated by the government if they do not curb cases of misconduct.

Law Society of Kenya Chairman Erick Mutua warned his colleagues that regulation was in the offing unless they observe high ethical and professional standards.

He was speaking at the end of the society’s 12th annual conference in Kwale yesterday.

Mr Mutua said lawyers could not demand reforms in the Judiciary and other sectors if they themselves were averse to upholding professional ethics.

Fill the vacuum

“If we do not regulate ourselves, then external regulators will fill the vacuum,” he said.

He said Attorney-General Githu Muigai has drafted a proposal seeking to establish a government agency to handle ethical, quality standards and discipline of advocates.

“However, all is not lost. In April, the council set up a committee to review the Advocates Code of Ethics and Professional Standards of 2000. Further, a team of lawyers has been appointed to draft a code of conduct for LSK elections,” he said.

Navy blows up yacht with Sh23m heroin

BY NATION
CORRESPONDENT

The Kenya Navy yesterday destroyed a luxury yacht after 6.7 kilogrammes of heroin worth Sh23 million was found on the vessel.

The yacht was registered in Britain and was set on fire in the sea under tight security at 1.33pm at a point known as Delta 16.

The *Baby Iris*, yacht had been under police guard at the Mombasa Port.

Explosives were planted on the yacht then it was towed by two Navy vessels 20 nautical miles out to sea and set on fire.

A police helicopter and three Navy vessels under the command of Major Alfian Dengereko supervised the destruction.

The yacht was seized by a Kenya Navy patrol vessel at a boatyard in Mnarani, Kilifi County, on April 9 and towed to Mombasa Port where it was kept under 24-hour guard.

Five people, Mr Ahmed Said Bakar, Mr Clement Sege Bristol, Mr Mohamed Bakari Mohamed, Mr Sharifu Mzee Mohamed and Mr Ahmed Hussein Salim, have been charged with trafficking the heroin worth millions.

According to police, the yacht sails between the Seychelles, Tanzania and Kenya

in what police suspect is part of an international drug smuggling syndicate.

A vehicle used to ferry the drugs to the Kilifi anchorage was also impounded.

Speaking at the Maritime Police headquarters in Mombasa, Interior Cabinet Secretary Joseph Nkaissery (below) said the destruction of the drugs was a clear indication of the government’s commitment to fight the menace.

“Today’s destruction is a further sign of Kenya’s commitment to the war against narcotics and international crime. Our security forces have routinely seized and destroyed drugs and prosecuted culprits,” he said.

Last year President Uhuru Kenyatta ordered the destruction of another ship, the *MV Al Noor*, which had a cargo of heroin valued at Sh1.3 billion.





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SATURDAYS 8:00PM

CONCERT | Winners in the just-concluded national music festival wow the audience at Kisumu State Lodge

Let's set up art academies to nurture talent, President calls

Head of State urges governors to work with the State to set up the facilities

BY MOSES ODHIAMBO
@AliwaMoses
mogada@ke.nationmedia.com

President Uhuru Kenyatta yesterday asked governors to work with his government to set up talent academies in all the 47 counties.

He said art needs to be supported because it is a source of income for many people.

President Kenyatta told Cabinet secretaries Jacob Kaimenyi (Education) and Dr Hassan Wario (Culture) to ensure the plan is implemented.

He praised the artistic displays showcased at the Kisumu State Lodge yesterday, saying that the themes should be a lesson for Kenyans.

The songs, dances and choral verses performed during the concert mainly touched on corruption, drug abuse, environmental conservation, unity and integrity.

"These are issues that touch us as a people. They remind us of the long way we have to go in order to tackle

their negative effects," Mr Kenyatta said.

He promised to continue supporting the national music festivals.

"We have the talent. We need to prioritise the construction of facilities to nurture it. The entertainment industry would eventually employ many people," he said.

The President, who avoided the heated politics of sugar, said he is ready to work with leaders to transform the economies of the region.

Mr Kenyatta said he would organise a meeting with the leaders to chart the way forward.

“

These are issues that touch us as a people. They remind us of the long way we have to go in order to tackle the negative effects of corruption and drug abuse,”

President Uhuru Kenyatta

The President was responding to requests made by Kisumu Governor Jack Ranguma, Kisumu Central MP Ken Obura and Kisumu East MP Shakeel Shabbir.

Mr Obura appealed for help to



ANTHONY NJAGI | NATION

President Uhuru Kenyatta greets Lodis Francis of Karenger Boys Secondary School from Kapenguria in West Pokot County. Francis and his schoolmates performed a Pokot folksong during the Kenya Music Festival Winners State Concert at State Lodge in Kisumu yesterday.

tackle unemployment. He also asked the President to present a charter recognising Kisumu as a city. The MP also asked for help to combat insecurity.

"Help us to remove rogue police officers who are behind the runaway insecurity in the region," said Mr Obura.

Governor Ranguma sought the President's help to revive factories and boost tourism.

"We are looking forward towards the revitalising of lake transport to improve tourism. Kisumu is now mature for competition with Mwanza and Kampala if we make our port active.

"We also seek your intervention in the revival of industries to create employment. We shall present to you a list of our priorities," he said.

The governor cited Miwani Sugar Factory, Kisumu Cotton Mills and Kenya Breweries Bottling Plant as some of the firms that need revival.

The Head of State arrived in Kisumu to a warm reception by residents who lined up the streets to welcome him with song and dance.

Business came to a standstill as curious traders turned up in large numbers to catch a glimpse of the President's motorcade as it snaked its way from the airport to the Kisumu State Lodge.

Governor Ranguma, his deputy Ruth Odinga, MPs Ken Obura and Shakeel Shabbir received the Head of State at the airport.

Winners in the just concluded 89th primary, secondary and tertiary colleges national music festivals showcased their talents.

There was heavy police presence on the roads and the mood in the town was jubilant.

Mr Kenyatta toured the area at a time when leaders in western Kenya are bitter about the President's bilateral trade deal signed with Uganda.

Probably, this might be the reason why most of the MPs from the region, who had lately been warming up to the ruling coalition, snubbed the concert.

Saturday Nation could not establish whether invitations were sent to the politicians.

Political and church leaders, teachers, music trainers and students seemed to enjoy every bit of performance by the winners.

The winners concert was awash with rich cultural displays that wowed the audience.

Boost for tourism as visitors expected at major UN forum

BY NATION CORRESPONDENT

Tourism is expected to receive a significant boost when stakeholders in the industry convene in Mombasa next week in a bid to form a joint marketing platform.

United Nations World Tourism Organisation Conference is slated for August 20 to 22 at Sarova Whitesands Beach Resort.

The Mombasa International Cultural Festival began yesterday and it will end on August 23, while show enthusiasts are expected to flock to the Mkomani Grounds for the Mombasa International Agricultural Show, which will begin on August 26 to 30.

East Africa Affairs, Commerce and Tourism Cabinet Secretary Phyllis Kandie said the conference would provide a valuable opportunity to position the region as a single destination.

The UN forum comes at a time when top hotels have reported that the majority of their customers this month have been Kenyans and East Africans.

"The idea is to showcase East Africa to a wider global audience. One of the key issues on the table is how to build the image of the region as a tourism destination," said the CS.

School holidays, the cultural festival and

the upcoming show have been cited as major reasons for hotels' full bookings.

Yesterday, Sarova Whitesands Beach Resort Food and Beverage Manager Kennedy Mwachilu said the hotel had an occupancy of 94 per cent, up from 50 per cent last month.

"We are busy at the moment, the majority of the guests are Kenyans," he said.

"Next week, we are hosting the UN World Tourism Organisation's Forum on East Africa tourism development. The World Tourism Organisation Secretary-General Taleb Rifai is among the expected guests," he said.

Chartered flights

Kenya Safari Lodges and Hotels General Manager Silas Kiti said the Mombasa Beach Hotel's occupancy had shot to 85 per cent up from 35 per cent last month because of the school holidays.

He said the hotel had also received bookings from exhibitors who are expected to showcase their products during the Mombasa show.

On the other hand, Mr Kiti said bookings at Voi Safari Lodge had soared to 40 per cent up from 20 per cent last month owing to bookings from Italian tourists as a result of the resumption of chartered flights from Italy.

Mutunga urges Africa's researchers to provide home-grown solutions

BY NATION
CORRESPONDENT

Researchers in Africa have been urged to focus on issues of interest to the continent and offer solutions.

Chief Justice Willy Mutunga (right) said the continent needs its own solutions generated by researchers in Africa, and not from the West or East.

Dr Mutunga was speaking in Nairobi on Wednesday during the launch of a master of research and public policy course involving universities in Africa organised by Partnership for African Social and Governance Research.

Maseno and Egerton universities will offer the course to post-graduate research students.

"Research must be guided by justice, patriotism and accountability, among others," said Dr Mutunga.

National Treasury Cabinet Secretary Henry Rotich admitted that it was difficult for the government to act on various



research findings published across the country as some of them were unrealistic.

He said policy makers want short term solutions which most researchers cannot provide.

He disclosed that the government will consider setting up a fellowship to support students in research and policy matters as most do not complete their

studies.

"Personally, I had to defer my course due to lack of funds and therefore we need to support students doing research and policy courses," he said.

He added that the government will address the shortage of funding for research.

"We have had different researchers coming up with different findings on a single issue and this makes it hard to implement such findings," said Mr Rotich.

He also said that most research findings are opaque and do not give conclusions.

"We have to understand the micro and political context we are operating in," added Mr Rotich.

Prof Tade Akin Aina, the executive director of Partnership for African Social and Governance Research, said 150 students will get grants.

"We have a target of about 600 students in three years but we need more money as the courses are expensive," said Prof Aina.

EDUCATION | State outlawed corporal punishment in 2002 while the 2010 Constitution prohibits it

Churches want ban on caning of students lifted over indiscipline

Council believes sparing the rod is the major cause of wave of indiscipline sweeping across secondary schools

BY LABAN ROBERT
rlaban@ke.nationmedia.com

66

The Ministry of Education has employed lopsided policies in applying discipline in schools. Bible has no problem with caning. It says if you cane a child, they will not die but you will save their souls"

The Rev Peter Karanja

Churches have called for the lifting of a ban on corporal punishment in schools, saying this will help tame rising student unrest.

The call was made by the National Council of Churches of Kenya at the close of its annual general assembly at Jumuia Conference and Beach Resort in Kanamai, Kilifi County.

Council's secretary-general Peter Karanja, indiscipline has been rising steadily since the ban was introduced. He said most successful people have become what they are because of the cane and other methods.

Corporal punishment in schools was outlawed in 2001.

"The Ministry of Education has lopsided policies in schools discipline. The Bible has no problem with caning. It says if you cane a child, they will not die but you will save their souls," he said.

The call comes after a wave of strikes in secondary schools resulted in deaths and injuries to students and destruction of property.

Kilifi County was one of the



WACHIRA MWANGI | NATION

Secretary-General Peter Karanja addresses the National Council Churches of Kenya annual general assembly at Jumuia Resort in Kilifi County on Thursday. He called on the government to lift the ban on caning to curb unrest in schools.

worst hit in July while in Kiambu County, two students were burnt to death and 11 others injured in

a fire that led to the closure of StephJoy Secondary School.

The Rev Karanja said: "We

are not saying caning is the only solution. This has challenges that may contravene international protocols, but discipline is critical. If students are not disciplined, they will destroy themselves and others," he said.

The secretary-general said the courts have been used to readmit rogue students who return to commit more felonies.

"When you force that child back into school, you are exposing all the other students to danger," he said.

He added that the excesses witnessed in schools result from "a sense of security" when students know they won't be disciplined.

"If children belong to the juvenile courts and rehabilitation centres, that is where they should be. They have no business destroying the lives of innocent school mates," the Reverend Karanja said.

The conglomeration of various church denominations also called on Parliament to reject the proposed Comprehensive Sexuality Education Curriculum.

"The proposed curriculum promotes unfettered promiscuity, abortion and sexual aberrations and also seeks to take away the rights of children provided for in the Constitution. We, therefore demand that the curriculum be immediately withdrawn from the 34 schools where it is being piloted," he said.

Human invasion threatens to wipe out elephants

BY NATION CORRESPONDENT

Encroachment on park land threatens to wipe out Kenya's elephant population.

Land set aside for the elephant population is barely enough to sustain the animals, resulting in herds migrating to other areas.

Speaking at the Amboseli National Park in Kajiado County on Thursday, Environment and Natural Resources Cabinet Secretary Judi Wakhungu blamed human activities for the declining number of elephants in Kenya.

"We all need to come together and secure land adjacent to Amboseli at all costs as it is critical for elephants and other wildlife," she said during World Elephant Day.

"Elephants require large areas of land to roam. However, this is rapidly decreasing as humans clear, develop, and settle," she said.

War on poaching

"The results of human encroachment on elephant habitats is cutting off channels through which the animals range," she said.

The Cabinet secretary said the war on poaching had pre-occupied Kenyans to such an extent they have neglected another alarming issue, the depletion of land and overpopulation in reserves.

In the 1970s, elephant mortality was estimated at 1,900. The number has gradually increased over the years with most deaths attributed to poachers.

According to the Kenya Wildlife Society in 1979, when 1.2 million elephant roamed Africa, their population in Kenya stood at 167,000.

It is estimated that Kenya has between 30,000 and 38,000 elephants currently.

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DRY PORTS OPERATIONS IN EAST AFRICA

The **EastAfrican**, the region's authoritative weekly paper will on **22nd August, 2015** run a feature on dry port operations in East Africa.

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The EastAfrican

UNDER SCRUTINY | Administration seems to be confusing killing militants with winning, says author of book on Yemen

Unpacking American foreign policy behind the Obama-Uhuru rapprochement



New York Times columnist Nicholas Kristof observed that Mr Obama may be the only person in the world who would cite Yemen and Somalia as triumphs ... By disembarking from the democracy high horse and pursuing naked, narrow self-interest, the Obama administration is now plumbing the same murky depths it accuses China of, in pursuit of a seriously flawed counter-terrorism strategy, writes David Ndii

“**T**he occasion has been judged proper for asserting, as a principle in which the rights and interests of the United States are involved, that the American continents, by the free and independent condition which they have assumed and maintain, are henceforth not to be considered as subjects for future colonisation by any European powers ... We owe it, therefore, to candour and to the amicable relations existing between the United States and those powers to declare that we should consider any attempt on their part to extend their system to any portion of this hemisphere dangerous to our peace and safety.”

Proclaimed in 1823, the Monroe Doctrine has been the lodestar of US foreign policy for well over 200 years, making it the most enduring foreign policy tenet of modern times. In the 19th century, it was invoked to, among others, annex Hawaii and Puerto Rico, muscle Spain out of Cuba and its Pacific colonies, as well as a failed attempt to annex the Dominican Republic.

But it is to the Cold War that it owes both its record run and notoriety. Hitherto, the doctrine was viewed as aiding decolonisation. During the Cold War, it became associated with wreaking political havoc in Latin America and beyond, what some scholars have termed the age of American imperialism.

Latin Americans had a predilection for electing leftist governments, which the US saw as potential Soviet trojan horses. The Monroe Doctrine was invoked to engineer their overthrow by right wing puppet dictatorships. It destabilised permanently those it failed to overthrow.

What followed was plunder by the puppet dictators and US multinationals on an epic scale, obscene inequality, and the most egregious human rights abuses. The pillaging culminated in the debt crisis of the mid-80s, a decade of painful structural adjustment, and finally, democracy, stability and development.

Addressing the Organisation of American States a year and a half ago, Mr John Kerry, President Barack Obama's Secretary of State (foreign minister), declared that “the era of the Monroe Doctrine is over”.

The declaration was not seen as earth-shattering. Mr Kerry was seen as stating the obvious.

Latin America had fallen off the foreign

policy radar in the post-cold war political and intellectual confusion. Had we reached the end of history or were we hurtling towards a clash of civilisations?

The September 11 attacks settled that debate. Step forward Mr George W. Bush. In his memoir, *Decision Points*, Mr Bush articulates his doctrine as making no distinction between terrorists and the nations that harbour them, taking the fight to the enemy; confronting threats before they materialise, and advancing liberty and hope as an alternative to the enemy's ideology of repression and fear.

In practice, the Bush Doctrine boiled down to three things — might is right, pre-emptive war and regime change.

Seven years of the Bush Doctrine left America bloodied, broke and no nearer to vanquishing the enemy, paving the way for Mr Obama's pacifist platform.

Mr Obama set five goals for his foreign policy. These, in his own words, were “ending the war in Iraq responsibly; finishing the fight against Al-Qaeda and the Taliban; securing all nuclear weapons and materials from terrorists and rogue states; achieving true energy security; and rebuilding our alliances to meet the challenges of the 21st century”. Score?

The war in Iraq has morphed into a regional conflagration. He will leave the Middle East worse than he found it. The Al-Qaeda franchise has gone global. The Taliban are unvanquished and extremism is more virulent. The Iran deal is a bright spot on nuclear arms, but critics contend that the price will be high — that it will economically empower Iran to finance more terrorism. Time will tell.

The US is more energy secure but not on account of his efforts. Fracking has unlocked domestic oil and gas on a scale unforeseen a decade ago. It is doubtful that Mr Obama would have been able to cut the Iran deal had the US still been as dependent on Middle East oil as before.

He has mooted ambitious trade blocs with Western Europe and Asia, which

Sh1bn

The bounty that was on Taliban leader Mullah Omar's head



may or may not materialise and which, in the larger scheme of things, divert attention and resources from multilateral trade negotiations that benefit the whole world. It's definitely not an A. Even a B is generous.

As Mr Obama was being feted in Nairobi and sanitising dictatorship in Addis Ababa, Saudi bombs were raining on Sana'a, the ancient capital of Yemen. Yemen, to quote CNN, is “the petri dish” of the Obama administration's counter-terrorism strategy, “a hybrid warfare of US drone strikes, Special Forces and on-the-ground intelligence provided by local partners”.

The strategy has run into Yemen's sectarian politics. The “partner” Sunni-dominated government has been overrun by Houthi (Shia) rebels, allegedly Iranian backed, and forces loyal to former president Ali Abdullah Saleh, who was ousted by the Arab spring uprising.

The pro-US President Abdi Rabbuh Mansur Hadi fled the country in March, forcing the US to pull out its Special Forces. The US is backing the Saudi-led regional offensive to restore Hadi's government. A protracted civil war seems inevitable.

The stakes are high. Mr Obama assured Americans late last year that this proxy war strategy is the panacea for ISIS.

“This strategy of taking out terrorists, while supporting partners on the front lines, is one that we have successfully pursued in Yemen and Somalia for years,” he confidently asserted.

Americans are loath to deploy massive ground troops into any more intractable foreign wars. If Mr Obama's proxy war strategy fails, the war on terror will be all but lost.

The American taxpayer does not fuel Airforce One to go on junkets. Mr Obama's homecoming was incidental to his mission. Somalia is a stone's throw away from Yemen. Somalis used to flee to Yemen. Now Yemenis are fleeing to Somalia, and Somalis fleeing back home.

The problem is, says Somalia's Foreign Minister Abdusalam Omer: “We don't know who is coming back. The Somalis who are

radicalised will come back. Yemenis who are radicalised by ISIS and Al-Qaeda will come.” You get the picture.

We and Ethiopia are the Obama administration's last line of defence on the Yemen-Somali strategy — the “partners on the frontlines” that he refers to. Ethiopia is dependable.

It has disciplined authoritarian leadership with the vice-like grip on society you want in a client state and an equally disciplined, battle-hardened military. If it means stretching the meaning of democratic elections to lend it legitimacy, so be it.

We are anything but. We are a noisy open society with fractious politics, a rapacious, duplicitous leadership, a free-wheeling enterprising military, more Pakistan than Ethiopia, you are never sure whether they are hunting foes or harbouring them.

It turns out that Mullah Omar, the leader of the Taliban with a \$10 million (\$1 billion) bounty on his head, died peacefully in Karachi two years ago.

Combating corruption

But President Uhuru Kenyatta has the makings of a useful if not altogether dependable ally, a Hamid Karzai sort of guy. He is the Ivy League-educated son of a staunch pro-Western autocrat, the same authoritarian instinct, if not the gravitas. He may pander to China when it serves him, but Western patronage is more to his taste. A few dry days a week and he is your man.

Yemen's unravelling is as a result of sectarian exclusionist politics and corruption. We, of course, know that the two are sides of a coin — “eating” is the primary motivation of excluding. I am intrigued by why corruption is so ethnic — even in Jubilee, the Kikuyu and Kalenjin factions eat separately, but I digress.

The Obama administration is aware that here, too, corruption is the Achilles heel. Not surprisingly, the agreement with the Jubilee government on combating corruption is the only one that it has elected to publicise. It is clear from the joint communique that the Americans' primary concern is



PHOTO | AFP

US President Barack Obama addresses participants during the Mandela Washington Fellowship Presidential Summit in Washington, DC, on August 3.

the corruption-terrorism nexus (narcotics, poaching, money laundering). The Obama administration seems to believe that it can extricate Mr Kenyatta from the corruption quagmire he is wallowing in, or at least insulate their security operation from its worst excesses.

You have to be incredibly naive or desperate to expect the Jubilee government to deliver on corruption. For starters, Mr Kenyatta is no match for the corruption networks. They have already made nonsense of his own declaration of war on graft.

Secondly, even if he could, it is not in his political interest to have a bloody war on corruption going into an election.

Third, there is nothing to lose if he does not deliver. The Americans have zero leverage. As we say in Gikuyu, *muharwo niwe uthingataga githaka* (It is the person with a running stomach who seeks the company of the bush, not the other way round).

We have been here before. I had an opportunity a decade ago to participate in a high-level international expert panel meeting on aid and corruption convened by Transparency International to advise then World Bank President James Wolfenson, at which I made the mistake of bringing up his failed “dream team” experiment.

He went ballistic, accusing us Kenyans of being an ungrateful lot who did not appreciate how he had gone out on a limb to help us, even disclosing how he had President Daniel arap Moi pinned to the wall at a secret meeting in London he thought we did know about.

When he was done pontificating, I calmly pointed out two things to him. First, that it was impossible to have a secret meeting abroad with a president, especially one who travelled with as large and undisciplined a retinue as Mr Moi did.

Second, that he had been conned. That Kenyans could have told him that Mr Moi’s

objective was to secure the first instalment of the aid package that would be released once he took the dream team on board to tide the economy over until the next crisis, and he would dump the dream as soon as he could and cross the next bridge when he came to it, as we had seen Mr Moi play this game with Western donors successfully for 20 years. He calmed down.

And so it is with Mr Obama. The Jubilee administration’s foremost interest in the detente was political legitimisation, and that was achieved as soon as Mr Obama stepped out of Airforce One.

New York Times columnist Nicholas Kristof observed that Mr Obama may be the only person in the world who would cite Yemen and Somalia as triumphs, while Gregory Johnsen, author of a recent book on Yemen opined that the administration seemed to be confusing killing militants with winning. By disembarking naked, narrow self-interest, the Obama administration is now plumbing the same murky depths it accuses China of, in pursuit of a seriously flawed counter-terrorism strategy.

The irony is, first, deepening democracy and the rule of law is the only certain corruption deterrent. This is precisely the reason why the Jubilee administration is hell-bent on restoring autocracy — to pilage without question or consequences. Second, all the money that the US will spend on occupying Somalia would have been better spent rebuilding it. You could probably buy Al-Shabaab and all the warlords for half of it.

As the bemused Agikuyu of old observed, *urimu no ta uthungu* (foolishness and the ways of white folk are hard to tell apart sometimes).

The writer is the managing director of Africa Economics. ndii@netsolafrica.com

EULOGY | Issues of burial sites have plagued Kenyan courts

Woman who fought for right to bury spouse dies

BY EMMAN OMARI
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Priscar Ongoche Buluku, who died on August 9, left a precedent in the study of law globally on the rights of individuals to choose their burial site.

Ms Buluku (right) grabbed newspaper headlines when she went to court following the death of her husband on September 20, 1978 to challenge a decision by her brothers-in-law, Mr James Apeli and Mr Enoch Olasi and the Ebusiroli-Ebunangwe community to bury him in East Bunyore, Vihiga County.

For two years, she fought for the right to bury her husband in Bungoma County, according to his last wishes.

All this was prior to a similar epic case pitting the late Wambui Otieno and the Umira Kager community for the right to bury famous criminal lawyer S.M. Otieno at his ancestral home in Nyalgunga, Siaya County, or in Upper Matasia, Ngong near Nairobi. The court ruled in favour of Nyalgunga.

Ms Buluku also fought her battle even before the wives of Mr John Mburu, a former provincial commissioner, went to court seeking to bury him either at his ancestral home in Kiambu or at Gilgil farm. The court ruled in favour of Gilgil.

Mr Simon Buluku, a rich businessman in Kisumu who owned Sillah General Stores, died at Kenyatta National Hospital after he was transferred from Victoria Hospital in Kisumu.

But before his death, he called his wife Priscar and her brother Adamson Buliro and expressed his wish that he be buried at a farm he bought in Atoya, Bungoma County.

The case was heard in Kisumu before Justice Eugene Cotran. Mrs Buluku was represented by lawyer George Oloo while Mr Apeli, Mr Olasi and the community were unrepresented and relied heavily on customary evidence given by elders in court.

The court heard that on Mr Buluku’s death, aged 56, Mr Apeli and the community collected his body on September 23, 1978 and transported it to Bunyore on the pretext that his mother was ailing and wished to view the body before it was taken to Bungoma for burial.

The following day, a baraza was called where the community elders, the chief and assistant chief declared that Mr Buluku should be buried in his ancestral home, Bunyore. They argued that Bungoma was not his home and that it was in the “wilderness where their son would lie in loneliness”.

Mrs Buluku and his son Wycliffe, however, insisted that he be buried at his Bungoma home, which had taken him 15 years to build.

There was a commotion during which Mrs Buluku was manhandled and collapsed. Wycliffe called the police but the chief and his assistant prevailed on them not to interfere.

Mrs Buluku was taken to hospital and her husband was buried in Ebusiroli in her absence.

When she left hospital, she pleaded in vain with her in-laws to exhume the body for reburial in Bungoma.

The court heard that before Mr Buluku bought the Bungoma farm, he had bought another 10 miles from West Bunyore where he established the first home. This, way he had “decamped” from his father’s home to set up his own *ulukala*



(homestead) in keeping with the Luhya tradition of starting a family tree.

Mr Apeli and the community, however, argued that a man and a married woman belong to the community and it has the ultimate say on the burial site.

Justice Cotran ruled in favour of Mrs Buluku, saying “the dead is not a property” and the “wishes of an individual ought to be respected.”

The judge said he had established that Mr Buluku had left his father’s home and that Bungoma was his matrimonial home. He ruled that Mrs Buluku be allowed to exhume her husband’s body for reburial in Bungoma.

Mr Apeli and the community moved to the Court of Appeal and the case was heard before Justices Sir Eric Law, Cecil Miller and David Potter. This time, they hired lawyer John Khaminwa.

Their main argument was that the trial judge erred because he did not put a condition of exhumation, for which the law required a permit from the Health minister.

The Court of Appeal zeroed in on seven points — the burial customs; the place of burial; whether ancestral home or matrimonial home; where deceased expressed intention to be buried; the law applicable in such cases; the need for minister’s permit in exhuming the remains and, the Public Health Act that sets conditions for exhumation.

In their ruling delivered in Kisumu on January 14, 1980, the judges dismissed the appeal and applauded the trial judge for setting a precedence in Kenya and the world to respect the wishes of an individual and spouse. They faulted the judge for not including the permit but argued that the error was not so weighty it could not be corrected. The case has become a precedence quoted by lawyers in similar cases.

Mrs Buluku, 76, who like American civil rights activists Rosa Parks refused to give up her seat in a bus for a white man, refused to be intimidated by African male-oriented traditions. She died on August 9, the same date her husband was exhumed and reburied in Bungoma where she will also be buried on September 5.



SATURDAY NATION

Rein in rogue varsities flouting education law

The exponential expansion of universities in the past two decades reflects the soaring demand for higher education as the population increases while economic and technological dynamics change work and business environments.

In just over a decade, the number of public and private universities has more than tripled, and so are the enrolments. Largely, this expansion has given opportunities to many who would have otherwise missed out, to pursue higher education. The workplace is more than richer as there is a bigger pool of highly qualified labour force to pick from.

But the flipside is that the expansion has not been matched with proper planning. Most of the universities are underfunded and poorly staffed and cannot, therefore, make legitimate claims to quality. In the rat-race to expand and attract more students, some universities have set up campuses at the most unlikely of places, including near bus stops. Consequently, the Commission for University Education has set out to rein in such institutions, and has now given them 12 months to move to better campuses and provide proper facilities.

So far, eight universities mainly in Nairobi have been singled out, but the number is bigger. In fact, some universities use high schools to teach, which schools are in very bad shape. The Universities Act makes clear provision on learning environments and teaching competencies, and these must be adhered to. University education is not just about lectures, but also the experience as that defines the quality of the graduates and how they later interact and execute their professional roles.

The commission is on the right track, but it must extend the crackdown and rid the country of those other many institutions that fleece students of money but do not measure up to university standards. It must enforce rigorous quality standards in all universities.

Bring home the medals

Team Kenya will fly out on Monday for the World Athletics Championships to be held from August 22 to 30 in Beijing, China.

The team, which has been training under experienced coach Julius Kirwa at Kasarani, is bubbling with confidence, hoping to return with better results than they posted in the 2013 Moscow championships, where they finished third overall behind USA and Jamaica. They claimed five gold, four silver and three bronze medals.

We can only pray for Team Kenya, hoping that the doping allegations against Kenyan athletes will not deter them from doing what they are known for.

Wilson Kipsang and his marathon team, Ezekiel Kemboi and his strong 3,000m steeplechase team, and Eunice Sum (800m) and Edna Kiplagat (marathon) should bring in the medals.

But then again, Athletics Kenya must also crack the whip and hasten investigations on some top agents and managers who were banned for six months in May. Not many top athletes have been caught for cheating, but the whole scenario soils Kenya's good reputation in athletics.

We just can't wait for Beijing, the same venue where Kenya staged its best ever show at the Olympics in 2008, winning six gold, four silver and four bronze medals.



DEMOCRACY UNDER FIRE | Nzamba Kitonga

Africa's dark history, not the West, imposed term limits for presidents



A developing school of thought hails Mugabe, Museveni as true leaders chosen by their people to reign for eternity

The current crop of African Presidents appear obsessed with the extension or abolition of Presidential term limits.

In recent times this curse can be traced to Nigerian General Olusegun Obasanjo who by the end of his second term had caught the bug insisting the constitution be amended to allow him a further term in office. Nigerians had already learnt their lesson and said No Thank You and the General went home.

He seems to have passed on the bug to retired President Abdoulaye Wade of Senegal who was similarly rejected.

The most dramatic rejection of attempts of extending presidential term limits took place in Burkina Faso. Blaise Compaore served as President for over 24 years. He served his terms in full but the sting of power hunger ran deep. With the help of a parliament which he controlled, he attempted to have the Constitution amended to allow him yet another term in office.

The events that followed looked like a scene out of an action movie. The people of

Burkina Faso rose in unison setting buildings on fire and when they trained their eyes on the Presidential Palace, the so-called great Blaise Compaore took to his heels and fled.

One would think that this vivid lesson would deter other African Presidents from the quest for prolonging their stay in office. Not so. The bug has stung Joseph Kabila of the Democratic Republic of Congo and President Pierre Nkurunziza of Burundi. The Constitution of Burundi and the Arusha Peace Accord categorically state that the President of Burundi shall serve for two terms and no more. The defiant president had his way in an election boycotted by the opposition. However, a dark cloud

of uncertainty hangs over Burundi whose past tragic history is littered with blood and tears.

After the 1994 genocide, Rwanda rose from the ashes to become a fairly stable country. One of its pillars was the Constitution that created two Presidential terms of seven years each. President Paul Kagame is credited with bringing stability to Rwanda and is on his final term and the curse is now upon Rwanda. His supporters have clamoured for a referendum to amend the Constitution to allow him a further term in office.

Their reason? He is the only one who can guarantee the stability of the country. However, there are murmurs of dissent.

The jury is still out but Rwanda seems determined to amend the Constitution to extend the term limits and Kagame himself appears to be on board with the idea.

There is a developing school of thought among African legal scholars which is now questioning the concept of term limits as an imposition of the West upon Africans.

They point out that the West hardly practices term limits and give examples of the prolonged stay in office by Tony Blair (Britain), Angela Merkel (Germany) and Benjamin Netanyahu (Israel). They praise President Museveni of Uganda and President Mugabe of

Zimbabwe for rejecting term limits. These scholars use the tired argument that it is for the people to make their choice.

We come from a dark history where sitting Presidents have used the instruments of state to manipulate elections to ensure their perpetual stay in office. Opposition parties have been routinely banned, their leaders have been jailed, killed or exiled. It is this dark history not the West which persuaded us to have term limits in our Constitutions and we are not out of the woods yet.

Kenya was lucky to have President Mwai Kibaki for whom the question of an extension did not arise at all. A precedent has therefore been set and there is no turning back for us. In this we borrowed heavily from our neighbour Tanzania where the trend set ever since Mwalimu Julius Nyerere left office has become part of the constitutional culture of Tanzania.

History teaches us that where there is an alternative the human race will as much as possible avoid violence and upheaval. Term limits provide an avenue for peaceful change of leadership.

For Africa there is no other choice. Term limits are the choice.

Mr Kitonga, an advocate, chaired the Committee of Experts of the Constitution of Kenya 2010

A PUBLICATION OF THE NATION MEDIA GROUP

JOE MUGANDA: Chief Executive Officer

TOM MSHINDI: Editor-In-Chief

TIM WANYONYI: Managing Editor

Published at Nation Centre, Kimathi Street and printed at Mombasa Road, Nairobi by Nation Media Group Limited

POB 49000, Nairobi 00100

editor@ke.nationmedia.com

Registered at the GPO as a newspaper

THINK AGAIN | Maina Kiai

Africa's development must not come at the expense of its environment



We should learn from China's example that it costs more to clean up than to conserve

I was recently in a discussion with a group of young Chinese students studying in America and a couple of things stood out for me.

When I asked them what they liked most about living in the US, they said it was the freshness of the air! I was astounded!

As it turns out, China's transformation into a leading industrial and economic power has come at a huge cost to the environment in most parts of the country. The students talked with horror about the smog in Beijing—in very similar ways to how we talk about traffic in Nairobi—and how the city is almost always grey, and is a serious health hazard.

They wished that Africa did not make the same mistakes China has made by degrading its environment. It is only now, they said, that their government had recognized that it should have pursued a different growth strategy to preserve the environment and the health of the population. But the cleanup of this damaged environment and rectifying the economic model to avoid pollution for the future will be massive and expensive.

We should learn this lesson carefully and not sacrifice our environment, nature and fresh air as we seek rapid development. We have seen the west damage its environment and then spend decades rectifying it and now we see China and India closely following. We can, in fact, walk and chew gum at the same time in our quest for economic development. And we must preserve the wonderful gift of wildlife, flora and fauna bequeathed



A woman wears a mask as she rides a bicycle in Beijing on October 31, 2011. Air pollution in Beijing reached "hazardous" levels.

to us.

The Chinese students also pointed out that degradation of the environment, and the rising gap between the rich and the poor in China was also a function of corruption. So entrenched is corruption now in China, they said that they fear the remedial actions of the President Xi Jinping may be too little, too late. But then again, if more big fish can be arrested and charged and especially those known to be close to the President, then they were optimistic it could be eradicated.

Secondly, they valued the sense of freedom in the USA, the fact that people could decide what and how to think politically, socially and intellectually, and that the American people prided themselves on always seeking to better their lives and dignity in all ways. They expressed surprise that communists and socialists existed in the

US—side by side with free-market fundamentalists—allowed to pursue their ideologies unafraid of being put in jail of vilified even when they were viciously critical of the Obama administration.

There was a sense of wistfulness as we discussed these issues. For the Chinese government has provided economic growth and reduced poverty—while facilitating vast wealth for a few—at the expense of democracy and civil and political rights. The students were unsure whether these values would ever exist in China in their lifetimes but they agreed that having both development and democracy at the same time was ideal, with democracy having the capacity to self-correct. Indeed as one person suggested, it is instructive that real democracies are always rated the lowest when it comes to corruption.

I was impressed by the fact that the students I met were on Chinese government scholarships to the US, part of an annual group of students sent out each year to the US, UK, Japan, France, Singapore and other countries for further education. Clearly their government realizes that the next steps forward need as much investment in human resources as anything else.

And how I wish we could do that in Kenya. If this regime would reduce the salaries of the top 500 public officials by 30% and put the savings into a scholarship fund to send our best and brightest to the US, China, Korea, Singapore, France and Brazil, we may realize Vision 2030 easily.

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DIFFERENT STROKES | Gabriel Dolan

Flawed land laws will reverse all gains

Land grabbers have not gone away. They just hibernated for a season and recently resurfaced with a fresh set of dubious title deeds. Who could dispute that assertion after witnessing seasoned looters appear at National Land Commission (NLC) hearings on compensation claims for the construction of the Standard Gauge Railway (SGR), the Dongo Kundu bypass and the expansion of the Mombasa – Nairobi highway in the Coast Region?

Last week an aging tycoon who owns a chain of hardware stores, a shopping mall and God knows how many properties shamelessly presented a title deed to the NLC and demanded compensation. He did not know the exact location of the plot and the Commission quickly dismissed the title as fake. No shame, humiliation or reprimand. It is no surprise then that every category of elected representatives and

“

There are over a dozen land laws that need to be passed before their August 27 deadlines, and they are behind schedule

appointed officials are positioning themselves to get their share of the billions in these mega projects as soon as they smell opportunities.

In all fairness, the NLC is doing a commendable job in vetting the beneficiaries. But the same commission is gradually being hounded out of office by an executive that is determined to wrench control of the land sector and reduce the NLC to a minor department in the Lands Ministry. We are fast returning to the Moi era of executive distribution of land,

denying communities a voice in their own community land and to the decimation of the principles of equitable access and security of land rights as envisaged in Article 60 of the Constitution.

There are over a half dozen bills related to land that must be passed before August 27th but they have not even been published, nor discussed and approved by the public. Among them is the Land Laws Amendment Bill 2015 which was intended to correct the typos and bring harmony between the three land laws passed in 2012. However, mischief has taken over and the amendments will leave NLC toothless and at the mercy of the Cabinet Secretary.

The same Amendment Bill will abolish the County Land Management Boards by way of an amendment to the NLC Act 2012 and destroy any link between devolved government and the NLC. The draft Eviction and Resettlement Bill

had the potential to ensure that Kenya met international standards with regards to eviction and resettlement. However, the same mischievous land amendment bill now places it as a mere task of the CS. Finally, the CS will gain control of the management of Community Land and you can kiss goodbye to community voices having a say on usage or profits sharing of extractives.

Legislators have a choice then to burn the midnight oil and pass flawed land laws that meet the constitutional deadline or seek an extension that might bring laws that are in harmony with chapter five of the constitution. But something greater is at stake. This points to an executive determined to reverse all the gains made five years ago and to destroy any semblance of social justice and democracy.

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POLITICALLY CORRECT |

Kwamchetsi Makokha's sideways look at the work the Great Opposer

Enough with the criticism, let the president work



There must be days when President Uhuru Kenyatta does not want to get out of bed. The ceaseless stream of criticism issuing from opposition leader Raila Odinga's mouth is corrosive to the spirit. No sooner had Mr Kenyatta found a market for Kenya's milk and beef this week than the Great Opposer and his disciples

started complaining about how sugar imports from Uganda would kill farming. It is not Mr Kenyatta's fault if sugar milling factories shut for half of the year during maintenance. Nor should it concern him that the 250,000 small holder farmers or the 10 million Kenyans who depend on the sugar industry are too lazy to produce enough for national needs. The 15 per cent sugar contributes to the country's gross domestic product can be easily replaced by milk, meat, skins and hides.

Sugar cane farmers should know that there is nothing special about them and their crop. People grow maize, rice and wheat everywhere in Kenya but they are not complaining about imports from Pakistan, Malawi and Tanzania.

If cane farmers do not like bearing the cost of harvesting and transportation, which is happily handled by sugar factories, they can start keeping dairy animals. Even though the government has shares in 11 sugar mills, it cannot take responsibility for commodity shortages occurring just because mature cane remains uncut in the fields for up to 12 months.

The first responsibility of any government is to consumers with real money who want to pay for sugar, not the fellows idling away their lives waiting for bailouts while politicking about non-existent failures.

Mr Odinga's opposition to sugar imports from Uganda is only intended to incite a sugar riot when those addicted to the sweetener turn against the government.

Generally, Mr Odinga is a factory of negative energy. If he is not opposing the construction of toilets in Kibera, he is actively undermining performing Cabinet secretaries by demanding their dismissal on unfounded corruption allegations. When the President was dealing with 175 suspected corrupt officials, he claimed that some names had been omitted from that list.

Mr Odinga had similarly engaged the country in distractive politics for a year calling for dialogue and rallying support for a referendum on the Constitution in a disguised attempt to capture power. He criticised the able Cabinet secretary for the Interior until the man became unable to stop terrorists from attacking Kenyans. He does not like the Kenya Defence Forces fighting in Somalia to kill off the Al Shabaab terror group either.

Here is a man who hates progress, and will lay into government campaigns to destroy illicit brews to save the lives of alcoholics.

Only last month, he spoke ill of his own country to US President Barack Obama about corruption even as the President continued to shield Mr Odinga's compatriots. He talks incessantly about ethnicity when his own relatives are regularly appointed to government positions. He talks about election reforms when his own party cannot conduct decent primaries.

These incessant attacks get under the skin and kill the spirit of work. There is a limit to how much criticism a well-meaning president can take and still do his job.

Even CNN, which mislabelled Kenya as a hotbed of terrorism, has had to eat humble pie and apologise. Mr Odinga should take his cue from CNN and change its errant ways.

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POINT BLANK | Godwin Murunga

Teenage writer proves true and better entrepreneurship starts in the mind



Joseph Bokea, 14 should be making headlines with his young-adult fantasy novel, *Magic* yet he remains unknown

Last week, I mentioned a young man called Joseph Bokea. Though I have not met or spoken to him, I have a sense of him through his writing. Joseph is the author of a book titled *Magic*. This is a 200 page work of fiction recently published by Storymoja.

Joseph is 14 years; he is an avid reader and says the origin of his book is a dream. He wrote the book in 2011, when he was 10 years old. He however refused to share the book with his parents until he found a publisher. It was only then that his parents saw a copy of the manuscript. His reason is that parents will always be parents, seeking to encourage by caressing the ego of their children. But Joseph had an audience for his book; many of them young people who could easily relate to his story or even critique it.

In pointing out that the story contained in *Magic* is the product of a dream, Joseph indicates his genre; the genre of fantasy, adventure and mystery. Creativity in this genre is not always easy and few are the older people of my age who can relate to this. But Joseph

pulls it off easily. I am reminded of days when I went with my children to watch movies like Harry Potter. I often found myself sleeping through many scenes in the movie, my mind dulled by the fact of an unreal world being presented as a major movie.

But in using this genre, Joseph not only brings the world of our children to life but also makes interesting commentary on key contemporary themes like war, identity, environment and politics. During the launch of the book, which was presided over by Prof Peter Anyang Nyong'o, the two agreed that chapter 7 was their favourite chapter. You have to read it to know why.

Joseph's story is front page story. But by sheer coincidence of factors, not too many Kenyans know of the book. Not only was the launch overshadowed by President Barack Obama's visit, it also did not receive the attention in the media that it deserves. The Nation however captured the story in their pages.

The bigger story here is that there are many Joseph Bokea's in this country, young people



President Barack Obama: His visit overshadowed Joseph Bokea's book launch.

who are creative, innovative and capable of fine achievements in their teens. Why they do not realise their full potential or why we know so little about them is itself a story for another day. But there is no doubt that the lack of exposure is an indictment of the system of education we have and the poor mentoring system in our environment. Had someone not picked up Joseph's manuscript, and had Storymoja not given it due consideration, Joseph would still be keeping his manuscript to himself.

I am always reminded that when I started my graduate studies in the

US at the turn of the century, I was the oldest in my class; this in spite of the fact that I never repeated any class in Kenya since I started school. Isn't the story of Joseph an indictment of our schooling system, the fact that it postpones dreams or keeps them locked away.

It is also ironical that it is the presence of President Obama that overshadowed the story of the launch of this book. President Obama became a millionaire by selling a book. His presence in Nairobi was largely due to his concern around entrepreneurship. But I am aware that there cannot exist a lasting entrepreneurial culture if it is not built on imagination, creativity, and innovation. Each time I listened to commentary during that week of entrepreneurship, the emphasis was on investment for money and profits. In fact, a better form of entrepreneurship must prioritise the mind. This is what Joseph Bokea reminds us.

Godwin Murunga is Senior Research Fellow, Institute for Development Studies, University of Nairobi. gmurunga@gmail.com

MARK MY WORD |

Philip Ochieng

How to get your adverbial clauses right



According to a caption on page 3 of the "Lifestyle" section of the *Sunday Nation* of August 9, 2015, "Herman Gakobo Kago ... *had* no idea (that) he *would end up* on the silver screen *just two years ago*..." I italicise the adverbial phrase of time ("...*just two years ago*...") because its placing in the sentence makes it dangerously ambiguous.

I count two finite verbs in that sentence: (a) "*had* (no idea)" and (b) "*would end up*". The question is: Which of the two verbal actions does the adverbial phrase serve? Does "...*just two years ago*..." refer to the time when "Kago ... *had* no idea" or does it refer to the time when Kago "*would end up* on the silver screen"?

In short, the write-up raised a problem which perennially flummoxes Kenya's journalism — namely, where, in a sentence, to place the various parts of speech in such a way that the whole sentence conveys the exact meaning that the writer or speaker had in mind. In the above sentence, the adverbial phrase of time — "...*just two years ago*..." — is so misplaced that it will appal any linguistically sensitive reader.

In short, what the reporter and the sub-editor have failed to tell the reader is what exactly took place "...*just two years ago*..." There are two possibilities: Does the phrase *just two years ago* refer to the time when ideas failed Mr Kago (he "*had* no idea") or does the phrase *just two years ago* refer to the time when Mr Kago *ended up* at the silver screen?

If the former, then the adverbial phrase *just two years ago* must come immediately after the verb "to have"; thus: "Mr Kago *had* no idea *just two years ago* that he would end up at the silver screen". Many people might even begin the sentence with the adverbial phrase: "*Just two years ago*, Mr Kago had no idea that he would end up at the silver screen..."

In this way, there can be no mistaking to what the adverbial phrase *just two years ago* is referring, namely, to Mr Kago's arrival at the "silver screen". The term "*silver screen*" might mystify most Kenyans as deeply as the term "*silver buckle* on his knee" mystified us when a colonial Briton taught us this English folk song at Alliance High School:

Bobby Shaftoe's gone to sea,
Silver buckle on his knee;
He'll come back and marry me:
Bonny Bobby Shaftoe.

Indeed, at Alliance, we sang it liltily. Yet how could it have inspired any poetic thought in the minds of young African lads on Kenya's highlands who had never seen the Atlantic Sea — Bobby Shaftoe's most likely scene of action — leave alone a "*silver buckle*"?

But, if the latter is the case, then the adverbial phrase *just two years ago* must be juxtaposed to the phrase containing the other finite verb ("*would end up*"), in this way: "He had no idea (that), *just two years ago*, he *would end up* on the silver screen."

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FOOD SECURITY | Denis Tumwesigye Kyetere

Biotech maize heralds a new future

Kenya aims to become a middle-income, rapidly industrialising nation by 2030, lifting its citizens out of poverty and affording them a quality of life comparable to richer nations.

That is the bold ambition set out by the Government in its Vision 2030 strategy. The government rightly acknowledges that Kenya will not achieve this goal unless it fully embraces the latest breakthroughs in science, technology and engineering that can propel the country forward.

The Government's second medium term plan of Vision 2030, outlines the role modern agriculture must play in Kenya's development — boosting the incomes of rural farmers and providing affordable food.

A flagship project of the plan is ensuring that Kenya's farmers have access to cutting edge biotechnologies, such as genetically modified varieties of crops. Allowing Kenya's farmers to commercialise the crops promises to increase their income, reduce the need for pesticides that are harmful to the environment and human health, and improve crop yields.

The results are already starting to show. Last month, the National Biosafety Authority published a joint application by Kenya Agricultural and Livestock Organisation and the African Agricultural

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Kenya is on the cusp of history as it pegs high expectations on genetically modified crops to improve livelihoods

Technology Foundation seeking approval for cultivation of the biotech maize that is resistant to the stem borer insect pests that routinely cause millions of shillings worth of damage to farmers' crops each year.

This was the first application to the biosafety authority seeking approval for cultivation of a biotech crop — a historic moment for Kenya.

The maize variety was developed through the Water Efficient Maize for Africa project, a public-private partnership of national agricultural research organisations of several African states, international research bodies and leading firms in biotechnology.

The maize, has been undergoing confined field trials at the Kiboko Research Station in Makueni County for the past five years and preliminary results from

the trials show that the maize is resistant to the stem borer pest and it has the potential to yield are 3.7 tonnes per hectare higher than those from the best commercial hybrid seeds currently in the market.

Since the law requires public participation on matters governing commercialisation of biotech crops and products, the biosafety authority has invited members of the public to submit their comments as part of the decision making and approval process.

Biotech maize could have big ramifications for Kenya.

The economic, social and environmental benefits are potentially huge, and the technology could be a major stimulus of economic growth.

It is this access to, and application of, technology that has put South Africa ahead of all other countries in the region in maize production, not only making it self-sufficient but also the leading exporter of maize to other African countries. As Taiwan and South Korea also demonstrate: countries that make use of science and technology lift millions of people out of poverty. Those that don't remain stuck in the past.

Dr. Denis Tumwesigye Kyetere is the Executive Director of the African Agricultural Technology Foundation

QUOTED

"We want to state openly that we received the invitation from State House to a meeting at 8am but we resolved to politely decline the invitation. This is not about politics but the welfare of the people of western Kenya, who are cane farmers".

Budalang'i MP Ababu Namwamba on a meeting with President Uhuru called to discuss the importation of sugar from Uganda

BOC GASES
A Member of the Linde Group

UNAUDITED GROUP RESULTS FOR THE SIX-MONTH PERIOD ENDED 30 JUNE 2015

The Directors of BOC Kenya Limited are pleased to announce the unaudited Group results for the six-month period ended 30 June 2015

Summarised consolidated income statement For the six-month period ended 30 June 2015		
	2015 KShs '000	2014 KShs '000
Revenue	556,529	674,982
Earnings before finance income and taxes	77,763	89,439
Net finance income	26,008	33,420
Exchange Gains/(Losses)	(10,521)	4,532
Profit before tax	93,250	127,391
Income tax expense	(28,106)	(41,770)
Profit for the year	65,144	85,621
Basic earnings per share	3.34	4.39
Dividend for the period		
Interim	Kshs 2.20	Kshs 2.20
Summarised consolidated statement of financial position As at 30 June 2015		
ASSETS		
Non-current assets	1,047,703	1,074,376
Current assets	1,184,195	1,360,991
Total assets	2,231,898	2,435,367
EQUITY AND LIABILITIES		
Share capital	97,627	97,627
Retained earnings	1,361,316	1,332,444
Capital and other reserves	234,927	390,256
Total equity	1,693,870	1,820,327
Non-current liabilities	-	5,538
Current liabilities	538,028	609,502
Total liabilities	538,028	615,040
Total equity and liabilities	2,231,898	2,435,367
Summarised consolidated statement of changes in equity For the six-month period ended 30 June 2015		
At 1 January	1,747,188	2,076,060
Net profit for the period	65,144	85,621
Change in available for sale financial assets	(51,975)	(352,688)
Translation differences	(7,911)	11,334
Dividends paid	(58,576)	-
At 30 June	1,693,870	1,820,327
Summarised consolidated statement of cash flows For the six-month period ended 30 June 2015		
Cash generated from operations	96,786	88,007
Interest & Dividends received	26,143	33,420
Tax paid	(13,295)	(64,165)
Net cash from operating activities	109,634	57,262
Cash used in investing activities	(225,650)	(33,887)
Cash used in financing activities (Dividends paid)	(58,576)	-
Increase/(Decrease) in cash and cash equivalents	(174,592)	23,375
Cash & cash equivalents:		
At beginning of the period	478,158	697,921
Net(decrease) / increase	(174,592)	23,375
Effect of exchange rates	(13,436)	(1,414)
At the end of the period	290,130	719,882

Results overview
Revenue for the six-month period ended 30 June 2015 is Kshs.556.5 million, down 18% from prior year due to cheap imports of oxygen and nitrogen, which also constrained the Company's ability to recover cost increases through pricing.

Profit after tax is 24% down due to rationalization of product pricing to retain market share, exchange losses arising from the depreciation of Kenya, Uganda and Tanzania shillings, increased provisioning for bad and doubtful debts and accelerated depreciation charges.

The financial statements have been prepared on the basis of the same accounting policies as in the previous audited accounts.


Outlook for the remainder of the year
The Board expects that the enhanced working capital management and sales and marketing activities currently underway and the easing of electricity costs will result in markedly improved financial performance in the second half of the year. In the meantime prior years' investments in cylinders and renewal of the distribution fleet are having a beneficial impact on the Group's results.

The Board of Directors have taken measures to safeguard shareholder value by ensuring the Company operations reflect a high level of efficiency and productivity and is able to provide value-add sales propositions to customers in light of an increasingly commoditized gases and welding product market environment.

Interim dividend
The Board of directors has declared an interim dividend of Kshs 2.20 per share for the six-months ended 30 June 2015 (2014, Kshs. 2.20), to be paid out on or around 2 October 2015 to shareholders on the register at close of business on 11 September 2015.

BY ORDER OF THE BOARD

RUTH NGOBI
COMPANY SECRETARY
BOC KENYA LIMITED
14 August 2015



Energy Regulatory Commission

PUBLIC NOTICE

Pursuant to the provisions of **THE ENERGY (PETROLEUM PRICING) REGULATIONS 2010**, the **maximum pump prices (in Kenya shillings per litre)** for major towns during the period 15th August to 14th September 2015 are as follows:

August 15 - September 14, 2015		MAXIMUM PUMP PRICES		
		Super Petrol (PMS)	Automotive Diesel (AGO)	Kerosene (DPK)
	TOWNS	KES/L	KES/L	KES/L
1	Mombasa	99.32	80.06	55.25
2	Kilifi	99.53	80.27	55.46
3	Likoni Mainland	99.65	80.39	55.58
4	Kwale	99.65	80.39	55.58
5	Malindi	100.22	80.97	56.16
6	Lungalunga	100.55	81.30	56.49
7	Voi	100.91	81.66	56.85
8	Taveta	102.47	83.22	58.41
9	Lamu	103.28	84.02	59.21
10	Nairobi	102.65	83.35	57.98
11	Thika	102.79	83.49	58.12
12	Machakos	102.79	83.49	58.12
13	Kajiado	103.08	83.78	58.41
14	Makuyu	103.24	83.93	58.56
15	Muranga	103.24	83.93	58.56
16	Sagana	103.33	84.03	58.66
17	Embu	103.88	84.57	59.20
18	Kerugoya	103.89	84.59	59.21
19	Narok	104.11	84.81	59.44
20	Nyeri	104.21	84.91	59.53
21	Namanga	104.31	85.00	59.63
22	Kiganjo	104.35	85.05	59.67
23	Chuka	104.39	85.09	59.71
24	Kitui	104.39	85.09	59.71
25	Mwingi	104.42	85.12	59.74
26	Nanyuki	104.81	85.50	60.13
27	Nkubu	105.06	85.75	60.38
28	Mtito Andei	105.31	86.00	60.63
29	Meru	105.33	86.03	60.66
30	Isiolo	105.89	86.59	61.21
31	Maua	105.89	86.59	61.21
32	Garissa	107.22	87.92	62.55
33	Marsabit	109.56	90.26	64.88
34	Liboi	110.10	90.80	65.42
35	Wajir	110.90	91.60	66.23
36	Mandera	116.46	97.16	71.79
37	Nakuru	103.33	84.26	58.82
38	Gilgil	103.34	84.27	58.82
39	Mogotio	103.39	84.32	58.88
40	Molo	103.49	84.42	58.97
41	Londiani	103.49	84.42	58.97
42	Nyahururu	103.57	84.50	59.06
43	Naivasha	103.68	84.61	59.17
44	Marigat	104.03	84.96	59.52
45	Kabarnet	104.60	85.53	60.09
46	Bomet	105.25	86.18	60.74
47	Maralal	107.49	88.42	62.97
48	Eldoret	104.48	85.41	59.85
49	Kapsabet	104.49	85.42	59.86
50	Webuye	104.68	85.61	60.04
51	Kitale	104.81	85.74	60.18
52	Kapenguria	105.22	86.15	60.58
53	Bungoma	105.25	86.17	60.61
54	Malaba	105.70	86.63	61.07
55	Lokichogio	112.36	93.29	67.72
56	Kisumu	104.55	85.48	59.84
57	Sondu	104.55	85.48	59.84
58	Oyugis	104.55	85.48	59.84
59	Kakamega	104.62	85.55	59.91
60	Bondo	104.84	85.77	60.13
61	Siaya	104.90	85.83	60.19
62	Kericho	105.03	85.96	60.33
63	Nyamira	105.16	86.09	60.45
64	Kisii	105.49	86.42	60.79
65	Sotik	105.73	86.66	61.02
66	Keroka	105.84	86.77	61.13
67	Busia	105.84	86.77	61.13
68	Homabay	106.22	87.14	61.51
69	Migori	106.45	87.38	61.74
70	Isebania	106.63	87.56	61.93

In accordance with Section 102(w) of the Energy Act 2006, a person convicted of retailing petroleum products above the maximum levels will be liable to a fine not exceeding Kenya shillings one million, or the withdrawal of their operating licence or both. In this respect the consumers are requested to be vigilant in reporting non-compliant retailers to the authorities for necessary legal action. The Commission has installed a hotline number **(0708 444 000)**, operational during normal working hours, with a view of increasing its engagement with stakeholders to enhance enforcement and compliance activities.

The Commission maintains a Short Message Service (SMS) based inquiry system for petroleum pump prices where members of the public can obtain the latest petroleum prices in major towns by sending the message: **"price <space> name of major town"** to **0707667623**.

The Commission would also wish to alert petroleum retail station dealers of increased instances of fraudsters purporting to monitor petroleum prices on behalf of the Commission. On this account, the Commission has put in place an SMS inquiry system where dealers can verify the authenticity of persons inspecting their stations by sending the message: **"staff <space> ID no. of the person inspecting"** to **0707667623**.

Corporate Communication
Energy Regulatory Commission

To the editor

The editor welcomes brief letters on topical issues.
Write on e-mail to: mailbox@ke.nationmedia.com
You can also mail to: The Editor, Daily Nation,
POB 49010, Nairobi 00100.

President, lead war on corrupt state workers

We should never tire of calling for accountability in Kenya. The first thing that President Uhuru Kenyatta should have done upon returning to Kenya from Uganda should have been to sermon top government accountants and call them names for failing in their work. Instead, the first thing he did was to upbraid Cord leader Raila Odinga on the sugar wrangles. I insist the President should call the recalcitrant civil servants and bribe-taking policemen names. He should visit ministries to check how things are done. The President should take it as a personal responsibility to clean up his government. Ranting will scare off the bad guys.

GITHUKU MUNGAI, Nairobi

County has not exploited Butere town's potential

A visitor to Butere town today would not realise that he had arrived in the famous 'Shikuku Town'. The shops have not changed from when Asian immigrants built them in the 1930s. What happened? Where did the planners go wrong? I am sure Governor Wycliff Oparanya is not proud of what Butere town is today. Butere and Khwisero are two sub counties enjoying good climate, yet they do not have a single commercial bank. Banks are jostling for space in Kakamega, Luanda and Mumias. Butere town can be turned into a dry port. It already has a railway line. Butere is closer to Rwanda, Uganda than Mombasa is. Why not bring containers by rail to Butere and let the huge trailers collect them from there?

PATRICK OLUMOLA, Makunga

State has failed to play the role we assigned it

Over the years, I have noted the systematic obsolescence of public institutions that should have raised eyebrows. The Kenya Bus Service, public housing, social halls, health centres and public primary schools have suffered. With the majority of Kenyans being poor, the inclination should be towards providing services for them, which can only be achieved by the government. With the collapse, a gap has emerged that was filled by a private sector whose prices are either out of reach or sub-standard.

SAM SILOYA, Nairobi

TALKING POINT

The farmer is considered last in the whole sugar industry cycle

From Independence to date, no regime has given the sugar industry the attention it deserves.

Farmers cannot be blamed for their sorry state because they are not policy makers. Sugar has been, and still remains, a cash cow for politicians, more so around election time.

It also reinforces the thinking that some quarters would rather give up other ministries when there is food to be shared, but not the ministry of agriculture with its attendant goodies, especially sugar imports, fertiliser imports and sourcing for spare parts on behalf of factories during maintenance.

We have seen debts written off for other sectors but when in sugar, the attitude is lukewarm.

Such actions breed resentment and have a negative effect on cohesion.

The poor farmer is not in charge of security. The poor farmer cannot stop contraband sugar. The poor farmer is not a policy maker and cannot be party to the inflated cost of factory spare parts. The poor farmer does not recruit managers in factories.

The poor sugar cane farmer would have been better off planting other crops. The poor farmer will be ill prepared for



TONNY OMONDI | NATION

John Odhiambo loads sugar cane onto his bicycle at his farm in Muhoron, Kisumu County. Farmers are never considered when decisions are made about the sugar industry.

privatization because of late payments and frustration over the years.

He will bear the brunt of knee jerk reactions by the government.

The poor farmer is not privy to the current privatisation process because there is no periodic update.

The poor farmer has to make do with very poor roads.

He watches in dismay when some MPs, who are supposed to protect him, instead prefer heavy palm greasing by cartels.

The poor farmer has no

body to turn to.

All private sugar factories like West Kenya, Butali, Kibos, Transmara, and Sukari are making money.

This shows that the government should have quit the sugar industry ages ago. We would not be complaining about cheap imports from Uganda other Comesa Countries. Western Kenya's economy is anchored heavily on sugar and its spin-off effects.

Are farmers consigned to perpetual poverty so that they go begging?

DAVID OKELLO

We are all to blame for the drug problem among the youth

I was not shocked, as many Kenyans were, by last week's incident where 45 high school students were arrested for smoking bhang, drinking and having sex in a moving bus.

It is not the first time students are found abusing drugs. I have witnessed these happenings.

Your child might be using drugs to escape pressure at school or at home, or because they are having difficulty in coping with stressful situations. It is, therefore, important to urgently talk to them and get to the root of any problems.

We can find a way to work through these

problems together and help them manage these situations without drugs.

Parents should know that for young people who develop a problem with drugs, the involvement and support of their parents and families make a big difference to their ability to deal with the undesired habit.

Parents should find time to visit their children in school or even talk to them on what they go through in school when they come home on holidays.

Discipline is first instilled at home. If your child thinks you do not care, he, too, will stop caring.

ANITA OMANGA, Nairobi

THE CUTTING EDGE

BY THE WATCHMAN

WATCH OUT. Even as he welcomes the growing bilateral ties between Kenya and Uganda, Ken Chirchir says he is suspicious about President Yoweri Museveni's real intentions in cementing his ties with Uhuru Kenyatta's Jubilee administration. "There is more to this than meets the eye, considering Museveni's character and past history in his relations with neighbouring countries. His dictatorial tendency in intimidating his rivals is not something Kenya should copy. The man must be having some selfish interests!" His contact is kenchriet@gmail.com.

RULING PARTY. The biggest surprise during President Uhuru Kenyatta's official visit to Uganda was hearing a military brass band in Kampala effortlessly playing the *Kanu Yajenga Nchi* tune before he addressed their Parliament, remarks David Motari. This, he adds, reminded him of the vow by former President Daniel Moi that the independence party would rule for 100 years. He poses: "Could our neighbours be knowing something we don't?" His contact is dmots2005@yahoo.com.

DRY TAPS. The residents of the civil servants' estate at Kariobangi South in Nairobi's Eastlands have not had any water in their taps for the past one month, moans Janet Nzilani. Since the taps dried up, she adds, they have reported to Nairobi Water and Sewerage Company several times, but they have had no respite and continue to rely on vendors for supply, whose safety they cannot vouch for. "Water is not only a basic necessity to all of us, but we pay for it and deserve to get supplied." Her contact is znzilani@yahoo.com.

TRAFFIC FLOW. Traffic police officers are to blame for the perennial traffic jams on Mombasa Road, Nairobi, says Bernard Muriuki, alleging a conspiracy. Bernard claims to have been reliably informed that officers from a nearby station have been instructed to let traffic from Aerodrome Road flow "so that the big people living in Lang'ata and Karen can have a smooth ride at the expense of commuters on Mombasa Road, including those from the JKIA". His contact is bernard.muriuki@bmkadvocates.co.ke.

SOCIAL ROT The rot in social institutions, including the self-styled churches and schools, is a reflection of a serious crisis, says Michael Mburu. The churches, he adds, are being run like shady businesses, as unqualified people operate some private schools, including kindergartens, while the quality assurance bodies just watch or wallow in corruption. "Our future generations are at a grave risk. The government needs to do something as where there is smoke there is a fire." His contact is mburumk@yahoo.com.

Have a qualified day, won't you!

ON THIS DATE IN 1978



LOAN DEAL. Finance and Planning Minister Mr Mwai Kibaki and Japan's ambassador to Kenya Mr Senkuro Saiki after signing a Sh140 million loan agreement. — *Compiled by Delvin Omwodo*

YESTERDAY'S QUESTION

Should local stations air 60 per cent local content?

BENARD KIBET: Yes. We have many talented musicians in Kenya yet only a few of their songs feature. We hear many songs by artists from other countries.

DAVID CHEGE: Yes. As a

gospel musician, I support. However, I think the music aired should be of good quality and of content.

CHRISTOPHER KIBI-WOTT: No. I think we are over-regulating everything.

For local music to grow in quality, there must be benchmarking with international music.

PETER MWIRARIA: No. Local musicians improve the quality of their music.

DEBATE QUESTION

Should ministers be penalised for frustrating the auditor-general?

Send your comments to mailbox@ke.nationmedia.com

City Girl



With Njoki Chege
nchege@ke.nationmedia.com

She is bold, sassy and audacious. See it through her prism and ride the roller-coaster life of Nairobi's young and trendy.

Rich kids of Instagram are just lazy, spoilt brats

Flaunting your parent's wealth on social media is an indication that you are a loser, a failure and a wrong role model

I am an evangelist of clean living. I have never taken alcohol. I have never done drugs or smoked cigarettes. I avoid junk food as much as I can. I don't party on weekend nights and I prefer to curl up with a good book or a movie. On weekends, I go for a run or a long walk with my boyfriend and I try to go to church as often as I can.

But most of all, the greatest boost to my clean living is my ability to stay off social media. I am not on Facebook — those Facebook pages with my name are idle imposters. I am on Twitter, but only because I think Twitter is more intelligent. More importantly, I am not on Instagram.

Now, I thought I had hit the final nail on the Instagram coffin until I learned about 'The Rich Kids of Instagram' — Kenyan chapter. You must be wondering what on earth I am talking about. Rich Kids of Instagram — the Kenyan chapter is a group of spoilt,

rich brats who show off their parents' wealth on social media.

These are basically children with rotten minds and morals alike, who have taken it upon themselves to document their opulent lives on social media. It is very sickening. My friend allowed me a peek into one of these Instagram accounts and I am telling you it is a dizzying cacophony of vanity, conceit and peacocking at its best.

The razzmatazz on these Instagram accounts is nauseating. I will tell you about one young woman; the daughter of a celebrated businesswoman. From designer bags, to designer shoes. To holidays abroad. Expensive wine and food, her Instagram account is an embarrassment to all the hard work and persistence exhibited by her mother, who, by the way, I really admire.

Then I am told there is this young man; the son of a certain governor who openly boasts about how daddy will bankroll his holiday to some God-awful holiday destination.

I am just getting started.

Oh, and there is this daughter of a certain 'flamboyant' senator who recently posted pictures of herself holding a gun and iced the cake with #thuglife.

What the hell is going on here?

I don't care if your mother is a

billionaire, your father a scandalous governor or a 'flamboyant' God-forsaken senator. I don't care if you drive a Bugatti or a high-end Mercedes Benz or if you own a Hermes bag. I know you are surrounded by minions who praise you and thank you for posting those pictures because you 'inspire' them. You are probably surrounded by 'friends' who think you are God's gift to them, that you are their inspiration and they love you.

Not me.

I will be the one to tell you the truth. What your broke little boyfriend won't tell you, or those sycophants who like every Instagram post you upload do not have the courage to tell you.

First of all, to be in your 20s and still depending on mom and dad means only one thing — you are a loser. They didn't do a good job raising you and you are a failure. You are a loser and a failure and that is pathetic.

“

I have said here so many times before, that money will buy you all the stylish things in this world but money can never buy you class”

That money you are flaunting is not yours. That car, that pair of shoes, that bag and that holiday you are flaunting on social media, was not paid for by the sweat of your brow. Mommy and daddy started their small business in some warehouse, it grew to a million-dollar company and it is not yours. You may inherit it, but it is not yours.

So stop the 'inspiration' and 'self-expressing' nonsense, come down your high horse, sit down and let me school you.

I have said here so many times before, that money will buy you all the stylish things in this world but money can never buy you class. Simple. There is no class in flaunting what mummy and daddy bought you. In any case, we all know that the rich kids are the dumbest children, the weakest in class and the bottom feeders when it comes to academics. So let's not lie to each other that you are brilliant or smart. Even with your expensive education in international schools, you still cannot think on your feet, fend for yourself and survive on your own. Otherwise why would you need daddy's money in your late 20s?

So don't try and show us that you are this hardworking entrepreneur who owns a company. Calling yourself an entrepreneur is a defilement of the very spirit and true meaning of

the term entrepreneurship. An entrepreneur is not an egotist stooge that gets a grant of a few million shillings from mummy and daddy and a credit card to finance his excessive spending. You are not an entrepreneur you are a bottom feeder.

I know a lot of you will say that I am 'hating' probably because my folks are not wealthy. You are right. My folks are not wealthy. In fact, some people perhaps think of them as 'struggling'. I have lost count of the many times I was sent out of school for school fees in secondary school but I got a job at 19 and paid my college fees. And Daystar doesn't come cheap.

So that is why I am not going to sit here, as people bastardise inspiration, hard work and persistence.

Those rich kids of Instagram — Kenyan chapter, need to realise that we are not interested in what they have acquired from their parents' wealth, some of which is acquired in unscrupulous means, I may add. We are not interested in seeing a photo of a car whose log book does not bear your name or shoes and jewelry not bought with your own money.

The truth is, the really wealthy people do not show off their wealth on social media or anywhere at all. They keep quiet. Success is their noise. So shut up and start working!



AS PURE AS A MOTHER'S
LOVE



Pure, gentle and free of harmful irritants – the Valon Baby Care Range is, quite simply, like no other.

COUNTY NEWS > ROUND-UP

Busia >

Border posts to have Sh150m truck parks

Two parking lots for trucks are set to be built at the Busia and Malaba border posts at a cost of Sh150 million. The move is expected to ease traffic at the border posts. Governor Sospeter Ojaamong and Mr Shaib Hamisi Mgandi, the chief executive officer of Rains Drops, the contractor, yesterday signed an agreement for the work. The county government has provided land for the parks.

— Godfrey Oundoh

Trans Nzoia >

Ward reps give Khaemba ultimatum on terminus

MCAs have given Governor Patrick Khaemba two weeks to start rebuilding a terminus in Kitale Town that was demolished four months ago. The MCAs threatened to incite matatu operators to use it in its current state. “We allocated Sh33 million in the last financial year and another Sh66 million this year but work has not started,” said Town Planning Committee Chairman Andrew Kutitila.

— Philip Bwayo

Nakuru >

Lock herdsman out of disputed land, police told

The environment court has ordered the Naivasha police boss to restrain Maasai herders from grazing their animals on land where the Kenya Agriculture and Livestock Research and Organisation is located. Justice Sila Munyao issued the orders yesterday after the agency claimed that Maasai herders had invaded the land and claimed ownership. The orders will remain in force until October 14.

— Eric Matara

Nakuru >

MP says changing polls date isn’t about salaries

An MP has refuted claims that the National Assembly wants to extend the election date from August to December 2017 because lawmakers want to earn more salaries.



Speaking at Nkairamiram Primary School Narok North MP Moitalele ole Kenta (left) said the August date is not ideal as it would affect preparations for national exams. He said the August poll date would affect tourism as visitors won’t come the wildebeest migration.

— Ruth Mbula

Turkana >

County plans to build 300 nursery schools

The county government has set itself a target to build 300 nursery schools by 2017 to improve access to basic education. Schools in the county are scattered unevenly because of its vastness and migratory nature of residents. Education Chief Officer Amina Ewoi said 120 nursery schools had already been built in areas where villagers have settled to ensure adequate enrolment.

— Sammy Lutta

Nyamira >

Men arrested for taking photos of State buildings

Two men were yesterday arrested for taking pictures of government buildings. Area police boss Rico Ngare said the men were unable to explain why they were photographing the buildings. “We found pictures of the Nyamira Law Courts, government offices and of Family Bank in their camera,” Mr Ngare said. Police obtained court permission to hold the men until August 18 to complete investigations.

— Henry Nyarora

Nakuru >

Tough penalties planned for sex film den owners

A Bill seeking severe penalties for video show owners who screen sex films is awaiting the governor’s assent. The Nakuru County Anti-Pornographic Bill intends to stamp out the production and distribution of obscene material. A first time offender faces not less than six years in jail or a Sh500,000 fine while a subsequent conviction attracts seven years in prison.

— Moraa Obiria

Meru >

100 seized over lack of latrines at their homes

A total of 100 people have been arrested over lack of latrines at their homes in Meru county. The suspects had earlier engaged public health officials and police officers in running battles during a campaign to improve hygiene in the region. At the same time, work at some quarries in Imenti Central Sub-County has been suspended until the owners comply with a county directive to have pit latrines for their workers. “We suspended quarrying from Wednesday until pit latrines are built,” said Imenti Central Public Health Officer Alex Mbabu. Workers have been relieving themselves in bushes near River Mariara. Since the water is used by residents, there was a risk of contracting waterborne diseases.

— Agnes Aboo

Kakamega | Women APs in demo over their rights



Female Administration police officers protest at the Kakamega AP camp over their right to have a candidate of their choice in the Kenya Assistant of Women in Policing. The officers, ed by Chief inspector Hellen Mideva, wanted Maureen Lidava included in the line-up.

ISAAC WALE | NATION

Nyeri >

Pledge to meet nurses’ demands before strike

The county government has promised to address nurses’ grievances to avert a strike on Monday. Health Chief of Staff Peter Munyua yesterday told them to report to work as there was no longer any reason to strike. “The salary delay was a countrywide problem and the Treasury is dealing with it. Promotions will be effected soon,” Dr Munyua said.

— Grace Gitau

Nyeri >

Trader denies screening copyright materials

A trader was yesterday charged with refusing to obtain a communication to public licence. Ms Sarah Nyawira Muthui allegedly refused to obtain the licence despite screening copyright works on a TV set to the public. The works belong to Kenya Association of Music Producers members. Ms Muthui pleaded not guilty and was released on a bond of Sh80,000.

— Faith Nyamai

Mombasa >

Suspects in drugs case released on Sh3m bond

Three suspects accused of trafficking in Sh4.3 million heroin were yesterday released on a Sh 3 million bond with one surety each by a Mombasa court. Mr Vincent Baya, Ms Hawa Abdalla and Mr Fakii Ahmed were ordered to deposit their passports in court. The accused were arrested at Moi International Airport in Mombasa alongside a Ugandan, Mr Kimera Ibrahim. Hearing is scheduled for September 24.

— Charles Lwanga

Nakuru >

Health workers call off five-day work boycott

A health workers’ strike ended yesterday in Nakuru after return-to-work-deal was reached with the county government. This ended nearly a five-day standoff over pay and promotion. The 1,700 nurses were required to resume work yesterday after Nakuru Deputy Governor Joseph Ruto brokered a deal with the nurses’ union’s Seth Panyako. However, the 150 doctors declined to work.

— Bernard Ogembo

Kisumu >

Mission hospitals crucial to devolution — Ranguma

Faith-based organisations are crucial in the devolution of health services, Kisumu County Governor Jack Ranguma has said. Speaking at the Mission for Essential Drugs and Supplies (MEDS) Day yesterday in Kisumu, the governor urged county governments to embrace “these key stakeholders.” Paschal Manyuru, the MEDS managing director, said counties need support to provide healthcare.

Lamu >

Three seized with drugs in MP’s car given bond

The three men arrested while ferrying bhang and heroin from Malindi using Lamu West MP Julius Ndegwa’s vehicle were yesterday released on Sh1.5 million bond by the Mpeketoni mobile court. Mr Martin Mureithi Njuguna, Mr Joseph Gathunga Mbugua and Mr Geoffrey Kahuki Kanyingi first appeared in court on Thursday and were charged with smuggling narcotics. Hearing is set for September 24.

— Kalume Kazungu

Mandera >

Pay contractors, suppliers, ward rep urges executive

A ward representative in Mandera County has decried the delayed payment of contractors and suppliers. Mr Jimaldin Adan, a Nominated Member of the County Assembly representing the youth, told the *Nation* he wants the county government to clear the contractors’ debts, saying a majority of them had already completed their work but are yet to get their money.

—John Kimwere

Isiolo >

13 infected with rabies after being bitten by dogs

Thirteen people in Isiolo County have been infected with rabies after being attacked by stray dogs. The three children, four women and six men from Merti, Malkagala, Galfasa and Sericho in Garbatulla and Merti sub-counties are admitted to hospital. County Public Health Officer Guracha Sarite said he has directed the veterinary department to kill all stray dogs.

— Vivian Jebet

Busia >

Ward representatives accused of funds misuse

Members of Busia County Assembly have been accused of misusing Ward Development Funds on non-existing projects. Mr Thomas Mango, Busia Community Development Organisation programme coordinator said some MCAs were implementing projects without involving the community or seeking their views. Speaking in Busia yesterday, he said some of the projects do not even exist.

— Linet Wafula

SATURDAY NATION

Weekend



HOMEcoming CEREMONY FOR GROOVE AWARDS WINNER
Gospel music singer Loise Kim to thank her fans at Ruiru Stadium concert.
Page 38

CULTURE | Elizabeth Mooney helped Obama Sr find an alternative path to America using her money to fund his first year's studies

Barack Obama Sr was not a beneficiary of the Mboya airlifts. In fact, he was not eligible as he didn't perform well enough to qualify

BY HENRY INDANGASI

As I watched the larger than life images of President Obama and his sister on the screen at Kasarani, I thought of two people whose roles in the Obama narrative are largely unknown. The first is a white American woman called Elizabeth Mooney, who was in charge of a literacy programme in Kenya back in the late 1950s. The second is Prof Festus Mutere, who was the Deputy Vice Chancellor for Academic Affairs of the University of Nairobi.

Many Kenyans assume that Barack Obama Sr. was in the Mboya Airlift but he wasn't; and indeed he did not qualify. The Mboya Airlift took people who had obtained at least Division II in the Cambridge School Certificate examination. Obama got Division III.

In her book *The Other Barack: The Bold and Reckless Life of President Obama's Father*, Sally Jacobs tells us that Obama was expelled from Maseno School before he completed Form Four. Mr Bowers, the principal of the school came across an anonymous letter complaining about the "inedible food", "antiquated uniforms," and most worryingly: the institution's "second-rate teachers." The letter was handwritten and unsigned, but the principal traced it to Obama and expelled him. The poor guy was then forced to sit his Cambridge School Certificate exam as an outsider with no access to the school library and the "second-rate" teachers. He was clearly disadvantaged and this may explain why, bright as he was, he only managed a Division III.

After the expulsion, Obama's father, whose middle name was harshness, beat him up and forced him after the exam to find himself a job. He eventually found employment as a secretary to Miss Elizabeth Mooney who immediately took a liking to Obama, both as a secretary and as a person.

After the young man had failed the interview for the Mboya Airlift, she decided to help him find an alternative route to America. Mooney advised Obama to study for an American college entrance examination. She asked her relatives and friends to send her books from the US, which she then gave to Obama. There were locally available British publications, but Mooney was looking for those which were "slanted to American schools"; and she eventually got them and guided Obama in his studies.

When the results were announced, Obama had scored well enough to apply to a US college. He applied to over 30 universities, as indeed his famous son reminded us at Kasarani. Elizabeth Mooney attached her recommendation to applications, pleading with university authorities to give the Kenyan student a chance.

Obama secured admission into two universities: San Francisco State College and Hawaii University. Mooney advised him to go to Hawaii, a university that turned out to be truly multiracial, multicultural, and singularly liberal. It was at this institution that he met, dated and eventually married the mother of President Obama.

The Mboya Airlift students had their air



The forgotten heroes in the rivetting Obama narrative

tickets paid for; and this was in addition to the full scholarships. Not so Obama. And again, Elizabeth Mooney had to assist. Her salary of \$6,355 was not phenomenal; so, she was making a big sacrifice when she paid for Obama's air ticket, accommodation, and tuition in the first year. Sally Jacobs puts it thus: "her gift to Obama was extraordinary".

The second unsung hero, as I pointed out earlier, is Prof Mutere (and may his soul continue to rest in peace!).

In his brilliant autobiography *Dreams from My Father*, President Obama talked about being hosted by his sister Auma, who was then teaching at the University of Nairobi. For her part, Auma Obama has written a beautiful autobiography called *And Then Life Happens*, in which, among other things, she talks about the time she taught at the University of Nairobi. But there is a backstory to all this, which I feel called upon to reveal to the reader.

In 1987, I was the Chair of the Department of Literature and Prof Mutere was the Deputy Vice Chancellor in Academic Affairs. One day he sent a young lady to me called Auma Obama who was seeking a position to teach German. German was, however, taught in the sister Department of Linguistics and African Languages. In my department, the closest we got to this area was German literature in translation, part of a course we called European Literature. As

we talked, I thought she could teach Franz Kafka and Thomas Mann for us.

Shortly after she left, Prof Mutere called me to his office.

"Have you seen Auma Obama, the lady I sent to you?" he asked.

"Yes, she came to my office," I replied.

"I just want to help the daughter of my late friend Mr Obama," he said in a faraway tone. "The Department of Linguistics and African Languages has told me they have no vacancy. But I have noticed that Literature has an empty slot," he continued.

"Yes, we have one vacancy," I said.

"Can you lend that slot to Linguistics so that we hire Auma Obama against it?"

"Yes, we can."

In those days, departments used to borrow slots from other departments; and when the situation changed they would return them.

Prof Mutere then hurriedly convened an appointments committee meeting, which I attended and at which we interviewed Ms Obama. We offered her a job in the Department of Linguistics and African Languages under the arrangement I have just described.

A few days after this meeting the then Vice Chancellor summoned me to his office and yelled at me.

"You colluded with Prof Mutere to hire a member of staff without my authority?" he said in an usually loud voice, while avoiding

eye contact.

I was taken aback and didn't know what to say but it was apparent somebody had complained about Auma Obama's appointment. I said to myself: "Prof Mutere is the Vice Chancellor's deputy. Why couldn't he have confronted him directly? I was simply a departmental head."

I have told this story because I believe Prof Mutere had a strong liking for Obama Sr and that he was ready to go the extra mile to help his daughter. He apparently defied his boss and tried to circumvent the technical hitches that might have blocked the appointment.

You can as the reader guess what I'm getting at. If Mutere had not done what he did — that is, helped the daughter of his dear departed friend — the future president of America might probably have slept in some dingy hotel in downtown Nairobi rather than in his sister's apartment; and the sister would not have had the money to afford let alone fuel and repair the beat-up Volkswagen Beetle that we heard about.

So, back to what I said at the beginning of this article. President Obama and his sister are global icons. They have secured themselves a permanent place in world history. But the two people: Elizabeth Mooney and Festus Mutere, who played a definitive role in their story remain the unsung heroes in the still-unfolding, riveting and complex Obama narrative.

“

The future president might probably have spent the night in a dingy hotel on his first trip to Kenya”

WRITERS' CLINIC | Authors can nurture reading by writing irresistible books

Authors fail when they write with a messianic complex

It is more inspiring for a writer, musician, painter and other artist to take off with the desire to invite society to sup with him in his intellectual feast

BY DAVID G MAILLU
maillu@davidgmaillu.com

Perhaps I should start by thanking Prof Kabaji for his recent article on this forum titled "Why writers are miserable, lonely and endangered species". On behalf myself and that of other writers, I thank him for pitying us with his spirited warning that we write for a thankless society and live in hostile political climates. However, I thought he missed an important point when he stressed, "Writers are vilified and hated but the urge to plant an idea out there makes them soldier on."

This statement left me thinking that his pity was unnecessary. Let me illustrate this point: when I decided to write *After 4.30* the society did not actually ask me to write a book of that kind. It was simply a personal decision and interest; not even a God-sent mission. I just felt like it. I wanted to share my ideas with the society, and that was it. This is because I am because of my community and my community is because I am.

As a gifted all-rounded artist, when I pick up my guitar and compose a song, it is not because I want to please anybody other than addressing the urge of composing and singing. It is the same thing when I want to paint.

I don't even think about what people will say about my painting; nor do I think commercially. I just get my paint, canvas and instrument for the expression. In other words, when I have written a book, composed a song, and painted, it's a personal business that I simply admire. The Genesis story puts it that after God

had accomplished his creation that he looked at it and saw it was good.

Messiah complex

The story of what the society thinks and says about my work did not contribute to this decision. I suppose this is what happens to most writers. When Salman Rushdie wrote *The Satanic Verses*, he felt a personal urge to express his thoughts which threw him in the direct firing line of the authorities and the fundamentalists. Consciously or unconsciously the writer touches on raw nerves of other people, especially rulers. The challenged King has the right to express his anger by punishing the who dares soil king's meal.

The problem is that both the king and the writer have the same audience, the mass; hence the rivalry between them. Furthermore, the tool for wooing their followers is a common one – the words. Indirectly, both are politicians. The writer employs psychological politics while the king employs practical politics. If you kick a sharp object, of course, you should expect to bleed.

Before any writer picks up his pen and paper to say whatever it is he wants to say, he should know that what he says may, positively or negatively, interfere with the territory of the king. Perhaps, it is from this premise that one should sympathise with the writer because he has only the pen while the king wields the gun.

Human nature is such that, even if a man is your best friend on earth, he can't invite you to go to bed with his woman. Psychologically, we are born with a



PHOTOS | FILE

Kenyan writers and scholars David Maillu (left) and Egara Kabaji.

grave territorial instinct of self-preservation. The male power of the Catholic Church would employ any religious interpretation in favour of men in order to convince the world that the throne of Pope remains a male's territory although men are born to women.

Kabaji quotes the pathetic feeling of the writer Meja Mwangi who got hurt because, metaphorically speaking, his readers don't compose songs in his praise. Why should they? I would ask of myself, why should I expect people to like or love me for writing *After 4.30*? It is I who should thank them for recognizing me.

A writer fails and becomes miserable when he kicks off his writing endeavour with the belief that he is a messiah to the suffering humanity; and that humanity should stop, read and appreciate his books.

It is more inspiring for a writer, musician, painter and other artists to take off with the desire to invite society to sup with him in his intellectual feast. He should not be disappointed if the society turns him down and fails to turn up for the dinner. It is their

loss. If anything, their disinterest should spur him back to the drawing board and strive to do better next time.

Shared responsibility

To put blanket blame on the society for not having a reading culture is wrong. The problem lies primarily with creative writers, governing structures and publishers. Societies don't make writers; writers make themselves and societies. Therefore, a society is merely the clay out of which great artists build empires. For the writer to build a reading empire he requires a reading-mood developed and fertilized by government. It is for the writer to go to the mountain instead of waiting for the mountain to come to him. Yes, he knows the lay of the land and the potential mine-fields; but he has the advantage of having both the knife and the yam: a wordsmith, in molding the society.

The only thing that can assure any music composer that his songs would be appreciated lies in his getting out of his personal shell, learning how to string words and compose tunes

that tug at the heart. This too is applicable to writers. Creative writers can develop a dynamic reading culture by authoring irresistible books.

Since the language is the bearer of the culture of the people, the culture of any language that remains dormant, unpublished and unread dies.

The ship is destined to sink if an individual is tasked with ensuring the perpetuity of a culture without the goodwill and the resources of the state to give the language a strong lease of life in the written word.

Consequently, its survival and development is only through aggressive publishing and practical living.

Nobody ever called me into the mission of being Akamba's leading writer and cultural authority. It was my mere interest in self-expression. Unfortunately in the course of being myself, I have sold out my freedom by becoming an invaluable asset to my community. As an individual and a writer, where do I go from here and why? Swim for them or sink because I am because they are and they are because I am?

Writers can find inspiration and substance in the magic of a place

BY JOHN MWAZEMBA
satnation@ke.nationmedia.com

"Growing up, our house would sometimes be invaded by soldier ants, rivers of red clacking bodies that ran over our windowsills and bit us with thoroughness. We soaked newspaper in kerosene to make torches and burnt the ants back, singeing our carpets and bathtubs... In the dry season, we raked dead leaves into a pile next to the borehole that didn't work, sprinkled some kerosene and dropped a flame... My little sister and I would dance around the blaze... I spent my entire childhood in Aba, a commercial town in the south of Nigeria..." In this passage, which is a part of a memoir piece, Sometimes the *Fire is Not Fire*, Akwaeke Emezi, invokes the spirit of a place called Aba.

First, beginning with the invasion of soldier ants is tactically effective; it will grab the attention of every reader who is conversant with life in rural Africa where the invasion of soldier

ants was the night of the long knives! They caused ruckus in a home from the restless chicken, the bleating goats to the crying children in the house, soldier ants would bite everyone "where the sun don't shine".

Secondly, Emezi puts the focus on a place. The identification with "place" in literature is not new, in both fiction and non-fiction. In Emezi's case, the place is a physical (geographical) place that can be found on a map — Aba is the main trading centre in Abia State, Nigeria. However, "place" has diverse meanings as it can also have social or economic connotations. Writers, if they choose to write about place, should know also that it can be placed within a timeframe or it can be timeless.

In writing, of course, geography is a shaping force. The writer's imagination can sometimes be influenced by the visual landscape, experiences or things one observes in the immediate surroundings (in fiction, this reality is then embellished). In Emezi's memoir

piece, she writes about the use of motorbikes for transport (they are called okadas in Nigeria and bodabodas in Kenya).

A good writer should be able to turn the most ordinary things like a bodaboda ride into a literary sumptuous meal, which Emezi does when she writes about how she would ride on an okada, "leaning into the wind and raising my heels away from the burning exhaust so my slippers wouldn't melt. The first time I climbed on one,

my best friend called out my name and distracted me. I burnt the inside of my leg on the metal..."

And the physical place doesn't have to be the writer's childhood village, town or city or where they live. In his collection of poems, *What if I am a Literary Gangster*, Tony Mochama writes a poem entitled, "St Petersburg", in honour of his Russian-born friend and mentor, Mikhail Iossel: "In the surreal city of your birth: Blinded by your brilliance and the stark St Petersburg light/There again, I found my heart, walking against Russian rain... Still I see in my dreams some nights... St. Petersburg..." Mochama, in this poem, writes about a city in Russia. However, his biggest contribution to the literature of place is, *Nairobi: A Night Guide through the City-in-the-Sun*, a book on Nairobi.

In literature of place, writers should remember that they can also write fiction. One of the best fiction writings on the literature of place is by Shaaban Robert, in his dazzling novel,

Kusadikika, described as "nchi ambayo kuwako kwake hufikirika kwa mawazo tu/a country that only exists in the imagination". And of course, Yvonne Adhiambo Owuor's juicy debut, *Dust*, is about place (Kenya — tracing it from the Mau Mau independence struggle, political assassinations of the late 1960s-1990s and to Kenya's post-election violence of 2007/08).

Even great writers like Tom Wolfe couldn't resist the literature of place; giving us a swirling quintessential New York City novel in *The Bonfire of the Vanities*. And the "King of Horror", Stephen King has used a place (Maine) to string endless fantasy and horror bestsellers.

Emezi, Mochama, Owuor, Wolfe and King all show us that writers do not have to look very far for the substance to write on—it can come from the place they are right now.

The writer is the CEO of Phoenix Publishers, johnmwazemba@gmail.com

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A good writer need not look further than the ground beneath his feet for material to create a literary feast in his next page-turner.

WHAT TO DO WHEN YOUR COW EATS THAT PLASTIC, P24



FORMULA FOR MAKING OWN CHICKEN FEEDS AT HOME, P28 - 29



Seeds of Gold

AUGUST 15, 2015

SATURDAY NATION

the weekly farming magazine

WHERE EXPERTS
ANSWER ALL
YOUR QUESTIONS;
AND BUYERS AND
SELLERS MEET ,
P22 & 32



Our garden of Eden in town

They grew guavas, bananas and pawpaws as part of landscaping, but today Benson and Esther Wakaba make a tidy sum selling fruits and vegetables, P27

EGERTON UNIVERSITY

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Seeds of Gold contacts: 051-2113024, 0737510499 0708489256 0775505388

Email: seedsofgold@egerton.ac.ke; ra@egerton.ac.ke
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feedback

Get the tips, from choosing pig breeds to



CHOOSING CORRECT PIG BREED TO FARM
I want to start pig farming. Which good breeds are currently in the market? Also advice on proper housing and care.

Farmer

Venturing into pig rearing requires that you choose an area to specialize in; whether if you want to rear them for piglets or for pig products. Several breeds such as Duroc, Hampshire, Landrace and Large White are currently available among farmers. Generally, these breeds are efficient feed converters, grow fast and give large litter size. Pigs nutritional needs vary with age, weight and stage of production with an average feed consumption of about two to three kilograms daily. The feeds should contain all classes of nutrients and must be highly digestible; maize bran, fish meal, cassava, cotton-seed cake, pre-mixed vitamins and hygiene in their pens to help control diseases and always seek veterinary help anytime you notice any signs of sickness.

Felix Akatch Opinya, Department of Animal Sciences, Egerton University

IN NEED OF A MILK ATM IN NAIROBI
I appreciate the work you do for Kenyan farmers and I am aspiring to



Traders displaying their onions for sale at the Kakamega open market. Farmers in the region have had a bumper harvest due to good rains.
ELIZABETH OJINA | NATION

HOW TO GROW FODDER

I have been contracted by an export company to grow hot chillies for them on two acres. Kindly advise me on the A-Z of growing chillies. What is your view on Demon F1 variety?

James

The optimum altitude is from sea level to 1,500m and optimum rainfall 600 mm to 1200 mm per year. Note that excess rain can defoliate the crop and cause rotting and extreme water deficits can stunt growth and cause flower abortion. Other requirements include: The site should not be inter-cropped with any Solanum related crops example: potatoes, tomatoes e.t.c., site close to water source is an advantage but not a requirement and on slopes follow the contour rule. The chilli requires few if any inputs and its hardiness makes it very suitable for production in marginal areas. It has good tolerance to common field diseases. Characteristics of the Demon F1 variety are: High pungency fruits, Plants are tall with a concentrated upright bearing fruit set, Excellent and uniform fruit quality, Maturity: 70-75 days from transplanting, Fruit length: 7-9 cm, Diameter: 0.9 cm, Yield Potential: 6-7 tonnes per acre, Harvest period: 2-3 months and that Fruits mature from medium green colour to bright red.

become a full time one soon. I am thinking of purchasing a milk ATM for business in Nairobi. I need to know whether I can get one locally or must I import?

The Any Time Milk machine allows customers room to purchase milk from a mechanised nozzle in containers, saving them extra costs of branded packaging materials. The milk ATMs are of different types; there is one which can be used in farms and raw milk gets pasteurised then moves to the nozzle without coming in contact with anyone. This is relatively expensive and requires importation, like one found in Eldoret town. The other automatic vending machines resemble ones used in supermarkets, and are not as highly expensive. For arrangements to acquire one, please get in touch with DeLaval Limited, Tetra Pak or APV East Africa.

Felix Akatch Opinya, Department of Animal Sciences, Egerton University

NO READY MARKET FOR MY SOYA BEANS
I have about two acres of land in Vihiga County on which I grew soya beans, but the government lady who advised us to do so had not established a ready market. Kindly advise me on places/people that can provide a consistent market, possibly somewhere close to Vihiga.

It would have been better to know what variety of soya bean you are growing and if they are certified or not. Potential institutions such as KALRO Njoro does soyabean seed multiplication and may be interested in your product. Around western, Companies that could buy soyabean include Bidco and Promasidor who import most of the soya bean they

use. Please find out with them if they can buy your product.
John Ng'ang'a, Department of Crops, Horticulture and Soils, Egerton University

BUGS DESTROYING MY GARDEN PLANTS
I am an enthusiastic gardener and I have been learning a lot of new things from Seeds of Gold. It has given me a lot of inspiration to grow my own crops so that it what I have started doing. Originally I started growing strawberries. I have two pots at the moment. I have also planted passion and paw-paw fruits. However, I have noticed the plants are getting eaten by bugs. The bugs are brownish/beige looking things. Almost like maggots but they run really fast. I'm not sure what to use on the plants to keep the bugs away. I would be very grateful if you could advise me on how to do this.

Zaynab Hassanali

Bugs are brownish, beige to greenish in colour. The nymphs (immature stages of bugs) are similar in appearance to aphids but unlike aphids, they can move quite rapidly. Actually aphids also belong to the group of insects called true bugs. All true bugs are insects, but not all insects are true bugs. The difference between bugs and other insects is their straw shaped mouth (stylet) by which they feed by piercing and sucking plant juices. What you could be seeing appearing like maggots may actually be the nymphs. Adult bugs however are rather flattened, oval shaped (the shape of a shield) and have wings. Bugs also emit a strong unpleasant smell as a method of defence - this can also be used to identify them. Some bugs feed on other insects hence referred to as assassin bugs. Lygus species of bugs are common in strawberry. Bugs, especially stink bugs, are also common in other



Ms Akoth Achieng, a trader selling watermelons at Daraja Mbili market in Kisii County. Most traders selling the crop have complained of low fresh supplies to the market owing to scarcity. They get their supplies from Uganda.
BENSON MOMANYI | NATION



crops like cabbage, a range of fruit trees, cauliflower and legumes among others. They cause direct damage to plants by piercing and sucking plant sap through a stylet (a mouth shaped as a straw) causing irregularly shaped strawberries. They may also pierce seeds stopping development of the berries around the feeding area.
Control
Bugs may lay eggs on weeds within and/or surrounding your crop. Keeping your pots and garden free from weeds all times. If you have other crops in the garden especially legumes, scout for the nymphs under the leaf surfaces and if necessary, remove debris from these crops before establishing your fruits. It's also necessary to remove weeds from the surrounding environment since bugs can overwinter on the weeds wait-

ing for the introduction of a crop. Captain, Buprofezin, Diazinon and Cypermethrin based insecticides are available for chemical control.
John Ng'ang'a, Department of Crops, Horticulture and Soils, Egerton University

WHEAT FARMING IN NAKURU COUNTY
What's your advice on wheat and barley farming in Nakuru County?
Wilson Irungu

There is a lot on wheat and barley. Growing the two crops is a profitable venture in Nakuru. However, since both are mechanical operated, you need to grow them in not less than 10 acres so as to make greater profit margins. Furthermore, for barley you will need to obtain a contract from EABL. Who will sell you the seeds and other inputs that you will require and when the crop is mature, they will buy the product from you.
Muriuki Ruth Wangari, Department of Crops, Horticulture and Soils, Egerton University

CONGRATULATIONS FOR JOINING EGERTON
Hello I am joining Embu University to study Bachelor of Science in Agricultural Education and Extension. I have been passionate about farming. Did I choose the correct course? What

ASK THE EXPERTS



Prof Bebe



Prof Kimurto

Do you have any question or enquiry on agribusiness, marketing, logistics, processing, innovation, and technology? Our pool of experts from Egerton University will respond to your questions with proper advice. Please send your questions to: satnation@ke.nationmedia.com. Read us online at www.nation.co.ke/seeds_of_gold

buying a milk ATM

BANANA VALUE ADDITION

My name is Caroline Karani from Meru. Kindly give me the contacts of Paul Ruga from Nyeri who uses solar drier to dry bananas. He was featured with his wife Lucy in the Seeds of Gold on June 20.

Caroline

EDITOR: Reach Ruga on 0722683058

SORGHUM FARMER IN SIAYA COUNTY

Kindly assist with me the contact for the sorghum farmer in Siaya County.

Farmer, Siaya

EDITOR: Please get in touch with Michael on 0726 829782

WHERE TO GET THE RAINBOW ROOSTERS

I would like to acquire rainbow roosters. Kindly get me the contacts of Leonida Wekesa from Bungoma who keeps these roosters.

Mwangume

EDITOR: Please get in touch with Oscar Makokha, the director, Poultry Centre of Excellence at Mabanga Agricultural Training Institute on 0723 105 515

I got motivated by your *Seeds of Gold* article (*Saturday Nation*, April 1, 2015) titled 'How I built a thriving poultry empire at 23'. Kindly assist me with telephone contacts for Immaculate Ochieng. I would like to visit her the farm and buy my first stock.

Benard.

EDITOR: Immaculate is on 0707 117 504

MORE INFORMATION ON DAIRY FARMING

I liked the *Seeds of Gold* story titled 'Becoming a successful farmer in dairy farming' (*Saturday Nation*, August 8, 2015). I am interested in learning more of Njoroge and Susan's success, especially regarding how to attain maximum productivity in dairy production. Kindly assist me with Tassel Farm's or Mr Njoroge's phone number. I would like to seek his advice. Cosmas, Cosfresh Ltd, Machakos County

Please assist me with contacts for Muturi Njoroge, the dairy farmer in Ruiru. I want to venture into dairy farming.

Aaron Kipyegon.
EDITOR: Call Muturi Njoroge on 0720 282 735

STORY ON PIG FEEDS WAS INTERESTING

does that course entail?

Congratulations for joining the university. Bachelor of Science in Agricultural Education and Extension is two courses in one. This means that you will be taught on how to teach high school students (Education) and farmers (Extension).



Kindly pass me the contacts of Mr Daniel Mutiso who was featured on *Seeds of Gold* on May 16, 2015.

Mugo

EDITOR: Contat Joyce Mulama of AFDB through jmulama@afdb.org

I really liked the article on making your own pig feeds. Please assist me with Peter Kamau's number for clarification.

Chelule, Ngiito, Narok.

EDITOR: Please get in touch with Peter Kamau on office number 0719052187

I WANT TO GROW SWEET POTATOES

I saw an article on the *Saturday Nation* of August 12, 2015 about a sweet potato business, where Kiambu MCA Karungo wa Thangwa is reaping big. Please assist me with his contacts.

Steve Kamu

EDITOR: Find Karungo wa Thangwa on 0700 526 141

MIXED FARMING

I need the contact of farmers engaging in mixed farming, that is fish, rabbits and chickens in western Kenya. I'm in Kakamega.

Tonny Bolo

EDITOR: Kindly contact William Simiyu on 0704827806, Nerbert Jumba who keeps chickens in Mumias on 0723460105 and fish farmer Zinath Deen on 0702781394.

PLEASE VISIT MY FARM

I have been keenly following the *Seeds of Gold* pull-out and I must say I love it. I am undertaking intensive strawberry farming on plasticulture in Naivasha, Karati. Please visit my farm because I need to share the challenges and

Therefore at the end of your course, you will be a teacher and you will end up having the two careers choose. There is a course called Bachelor of Science in Agriculture that really concentrates on the aspects of agriculture production in both crops and animals. For you to really understand the two courses,

successes of this kind of farming.

Davis Munene

EDITOR: Thank you for your support, we will get back to you.

DAIRY GOAT FARMING

In your June 27, edition, there were stories of Tom Okeyo and Caleb Olang'o, dairy goat farmers. Please give me their contacts.

Samuel Kirira

EDITOR: Reach Okeyo on 0727385604.

A LIFETIME MANGO HARVEST

Please I need the contacts of mango farmer Margaret Nyaguthie and Edward Kungu, the horticultural quality control consultant.

Mkanjumwa Juma

EDITOR: Please talk to Margaret on 0721311763.

MUSHROOM GROWING

Please pass me the contacts of Joseph Hinga, the mushroom farmer.

Mary

EDITOR: Joseph Hinga is available on 0787128791.

HAY EXPERT

Please send me the phone number of Alvan Kinywa.

Stephen Muoki

EDITOR: Contact Alvan through kinyuaalvan@yahoo.com

URBAN FARMERS

I need the contacts of the lady in Donholm practising rooftop farming. She was featured on June 27.

Ngare John

EDITOR: Talk to Sarah Itambo on 0724625568

please look at the university catalogue which is usually kept in the library and your department, this will give you more insight.

Muriuki Ruth Wangari, Department of Crops, Horticulture and Soils, Egerton University

ANIMAL HEALTH» TSETSE FLIES CAN BE DEFEATED



FILE | NATION

Mr Daniel arap Sang and his wife at their farm in Nakuru. They use the Zerofly nets to protect their cows from biting insects.

Your cow should sleep under a net

Protecting your animals from flies and other biting insects increases their productivity

BY BILLY MUIRURI

satnation@ke.nationmedia.com

We are used to sleeping under bed nets to protect ourselves from the bites of mosquitoes, which cause malaria. But did you know that your cows also need to sleep in nets to protect themselves from the nagana disease?

However, unlike our bed nets, cow nets are placed vertically one and-a-half metres high.

Previously the preserve of large commercial farms, cow nets are now finding their way into smaller farms.

The nets are treated with deltamethrin insecticide. Their main aim is to trap flies as they try to enter the cow pens. Tsetse flies and other biting flies do not fly one and-a-half metres above the ground. They are blocked from reaching the cows by the nets and die within a short while.

The nets are also installed around manure pits to reduce flies migrating from the cow dung to the animal pens, hence reducing cases of mastitis.

According to Kenya Tsetse and Trypanosomiasis Eradication Council (Kenttec), biting pests can reduce a cow's productivity by between 30 to 40 per cent.

The council has declared tsetse flies a major im-

pediment to increased milk production.

Milk records of small scale farmers using the nets confirm increased production as well as reduction in veterinary costs due to the disappearance of disease causing flies.

Mrs Lucy Mburu Wanjatha is one such farmer. Sandwiched between several dairy farms in the lucrative dairy belt of Githunguri in Kiambu County, Wanjatha's farm has maintained a constant production of 260 litres of milk every day since she installed her first nets two years ago. On the three quarters of an acre of land, Wanjatha's 13 dairy cows, were producing 200 litres of milk before she started using the nets.

The nets are treated with the deltamethrin insecticide, which kills the tsetse flies.

According to Mr Dominic Simba, a livestock department officer in Kisii, the prevalence of mastitis has dropped in areas where farmers are using nets.

The treated nets are a simple technology that protects cows from bites from flies which causes nagana. The flies also cause discomfort to the animals thus destabilizing the milk production

According to Kenya Tsetse and Trypanosomiasis Eradication Council (Kenttec), biting flies reduce a cow's production by between 30-40 per cent.

They say a disturbed animal produces adrenaline when it is bitten, or it could knock down the milking can.

Joseah Kogo, a manager at Corporate Business Forms Ltd, which makes the ZeroFly brand, said demand for the nets was outweighing their supply.

Mr Kogo said a typical zero grazing unit of 6 to 12 cows will need 30 to 50 metres of the net. "At Sh250 per metre, this comes to about Sh7,500 to Sh12,500. This is about Sh1,200 per cow per year," he said.

Kogo spoke even as a government agency has raised the red flag over the need for counties to scale up fight against tsetse and trypanosomiasis problem in Kenya.

According to the Kenya Tsetse and Trypanosomiasis Eradication Council (KENTTEC), only Nairobi, Kiambu, Nyandarua, Nyeri, Nandi, Kisii, Uasin Gishu, Kericho, Nyamira and Trans Nzoia counties are free of the dangerous pest. These counties are still at risk of infestation due to climate change, which can easily convert them into tsetse habitat.

The KENTTEC chief executive Dr Pamela Olet said all the other counties infested find it hard to rear exotic dairy breeds which are susceptible to deadly disease spread by tsetse flies.

"This is one of the neglected tropical diseases. Areas adjacent to National parks are worst hit because parks act as a natural habitat for the pest while wildlife act as reservoirs for the disease causing protozoa - the trypanosome," said Dr Olet.

See also story on page 30

1200

The cost in shillings of buying and maintaining a cow net per year

Farmers find way to control weeds

Simple inter-cropping method will kill off the destructive Striga weed and stem borers

BY ANGELA OKETCH
satnation@ke.nationmedia.com

A scientific study has shown that an inter-cropping method used by farmers to control Striga and stem borers has the capability of increasing cereal yields.

The study, released by the Nairobi-based International Centre of Insect Physiology and Ecology's (ICIPE), shows how effective the system, dubbed the climate smart push-pull technology, is.

It involves inter-cropping cereals with a pest repelling plant, such as desmodium, which drives away stem borers.

The desmodium plant repels stem borers from the target food crop while Napier grass, planted around the border of this inter-crop, pulls and traps the pests. As a result, the food crop is protected from the pests, hence the

name climate smart push-pull technology.

The study, done between 2013 and 2014, showed that the method effectively controls stem borers and the Striga weed.

Dr Charles Midega, a scientist and lead study author at Icipe, said the technology would enable farmers in dry areas to stabilise their cereal and livestock mixed production systems.

"The method will enable farmers to increase yields by 2.5 times, and in addition, integrate dairy farming into their production systems," he said.

"We found that in the fields of farmers using the climate-smart push-pull, only about five per cent of the maize crop was destroyed

by stem borers. In contrast, farmers not using the technology lost an approximate 40 per cent of their maize crop to stem borer damage," said Dr Midega.

"Our study showed that the climate-smart push-pull effectively controlled Striga, the weed barely emerged in the fields where the technology was applied.

This evidence was supported by the fact that in neighbouring fields not using the climate-smart push-pull, an average of 20 Striga plants emerged around each individual maize plant," he said.

"Climate-smart push-pull farmers harvested an average of four tonnes of maize per hectare, while the other farmers obtained an average of 1.5 tonnes per hectare."

He said the simple method makes cereal-livestock mixed production systems resilient and enables the production of cereals in previously unsuitable regions.

"Our goal is to make the technology accessible to millions of smallholder farmers living in the drier regions," said Dr Midega.

"Since farming is dominated by mixed crop-livestock systems, and cultivable land is becoming less and less due to population in-



Mr Eric Omondi Migele uproots Striga weeds in Kombewa, Kisumu County. Farmers are now using the climate smart push-pull method to defeat the destructive weed and pests like the stem borer.

FILE | NATION

crease, there is need for technologies such as the climate-adapted push-pull, which will allow intensified agriculture," notes Prof Zeyaur Khan, the Icipe leader of the push-pull programme.

Prof Khan said the technology is women-friendly and alleviates a number of burdens faced by African women farmers.

"Women spend substantial amounts of time hand weeding and collecting animal feed, among other tasks, the climate-smart push pull can be effective for them," he said.

He said currently over 110,000 farmers in Africa are applying a climate-smart version of push-pull.

The farmers currently applying the method live in the drier areas of western Kenya, eastern

Uganda, the Lake Victoria basin, Tanzania, and northern Ethiopia.

The study was conducted in 400 selected farmers in Kenya, Uganda and Tanzania.

He added that about 60 per cent of the farmers who have adopted the push-pull method are women, who no longer have to undertake these gruelling tasks.

"Once the 'push-pull' plots are established, they require very little weeding. In addition, since push-pull prevents the germination of Striga, women no longer have to spend hours uprooting it," said Prof Khan.

He said that the women do not have to travel long distances to collect poor quality animal feed because the push-pull intercrops — desmodium and Napier grass — provide high quality fodder.

400

The number of farms that were involved in the ICIPE study

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CAUTION» CONSUMERS ARE NOTORIOUSLY FICKLE AND PRICE CONSCIOUS BUT WILL STAY LOYAL TO A TRUSTED BRAND

To succeed as a farmer, know your customers

You should learn to spot opportunity and fend off competition by being a smart salesperson of your own produce

BY CHRISTINA FELLER
satnation@ke.nationmedia.com

From my two previous columns, you have learned about changing your attitude and perspective about turning your farm into a business and you, the farmer, into a business person.

You have learned how to organise your records, you know how to analyse this recordkeeping regularly to improve efficiencies of scale and reduce expenses, you know how to diversify your crops to manage your risk of crop loss due to disease, pests, and lack of irrigation, you are disciplined and keep at it day in and day out because it is your passion and you are dedicated to becoming successful at it.

Important meetings

You are hardworking and respected in your community, you attend important meetings in your sub ward, ward, county, and even at a regional level to learn about sources of funding, advice, and training as well as to obtain quality seeds, livestock, fertiliser, vaccines, and other vital inputs to healthy crops and animals. You



Farmers get tips on how to grow vegetables at Wambugu Agricultural Training Centre in Nyeri during the annual farmers' field day held on July 24, 2015. Your products, your markets, the channels you use to enter and dominate are the pillars of a successful farm business.

JOSEPH KANYI |
NATION

have developed a brand identity and even put a new sign out front of farm property.

You are on the path to becoming a specialist in your field (no pun intended). What kind of farmer are you? What do you want to be known for? Are you the type to go where others fear to tread? Or do you like being part of a group of producers who come together to help and support each other in a collective pursuit of excellence and markets.

Your products, your markets, the channels you use to enter and dominate those markets, and your customers are the four pillars of a successful farm business. You must be a specialist in understanding the dynamics of each

pillar of excellence. So, now you have a good grasp of growing and cultivating a variety of crops and you have identified your key target markets and the channels you will use to reach your customers. But do you know your customers and what their preferences are? Do you know how and where they want to buy and eat your products and in what form or package?

The difference between a successful farm business and an unsuccessful one is the emphasis placed on understanding and responding to the desires and wants of your target market. Consumers are notoriously fickle and price conscious when it comes to 'commodity' purchases but stay loyal to trusted brand names.

Your challenge is to develop a trusted brand name that consumers ask for at their local market. Markets buy products from producers, cooperatives and livestock owners using wholesalers and distributors. Find out who stocks quality products and go to them in person to offer them fresh produce.

You NEVER take samples with you; you wait until they say they are interested in testing your products and then you have the opportunity to come back again with a product line that the buyer has asked to taste and perhaps offer for sale.

You want to have a good reason to regularly visit the retail outlets that sell your products not to com-

YOUR CHALLENGE IS TO DEVELOP A TRUSTED BRAND NAME THAT CONSUMERS ASK FOR AT THEIR LOCAL MARKET" — Expert

plain but to rejoice.

The retailer is your best friend. The retailer wants you to be successful. The retailer will tell you what the consumer looks for in a purchase. The retailer decides where your products are positioned on the shelf so your brand is important to him as well as to the ultimate consumer.

The consumer is like a loyal friend who you are always getting to know better.

When packaging becomes old and dull, you need your loyal customers to give you feedback before you lose them to the snappiest guy on the block. The customer is king!

NEXT WEEK: How to Gain Market Share: Create a new consumer market or steal customers.

Christina L. Feller, MBA, MAIC, MS, global health education; Living With Peace-USA; livingwithpeaceusa@gmail.com; Living With Peace-Kenya; feller@lwipkenya.org

New coffee variety now gives hope to farmers

BY PAUL OGEMBA
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The lower Eastern region is known for unfavourable weather conditions that do not support farming and those who manage to do it have to invest heavily in irrigation. Therefore, it sounds like a joke when told Machakos, Makueni and Kitui counties are now producing coffee, a crop that is synonymous with high altitude areas, like central Kenya, Rift Valley and Kisii County.

However, the truth is that Eastern is producing a lot of coffee now, thanks to a new variety known as SL-28 that has been developed by the coffee board and a partnership a farmers' cooperative society has entered into with a miller.

The new coffee variety has several qualities that make it adaptable to the area including the fact that it is resistant to harsh weather conditions. It also grows faster compared to ordinary coffee, taking only one year to harvest.

The ordinary coffee takes between two and four years for the farmer to make the first harvest.

Introduction of the new variety has seen several farmers in these counties venture into full time coffee growing. The remote village of Kikima near Mbooni Town in Makueni is home to some of the farmers. We find Titus Muinde inspecting his one acre farm of coffee. The berries are ripening.

Muinde quit teaching to venture into coffee farming. "We have the capacity and we will continue producing coffee. With good management, I believe we can produce millions of tonnes every year," says Muinde.

About two kilometres away is Jones Muli Muange's a four-acre farm. It has 125 coffee bushes and Muange plans to add another 700.

He says coffee farming has witnessed massive turn-around thanks to the new variety. "Despite the challenges, coffee is still profitable here," he adds. The farmers belong to Kikima Farmers' Cooperative Society, which has 1,441 members.

The society's chairman Josephat Kamwove says the beginning was hard and some farmers quit. "However, the society entered into a partner-

ship with Thika Coffee Mills that coffee and this has stabilised coffee farming here," says Kamwove.

The company mills, markets and sells the coffee on behalf of the farmers.

It also provides loans, farm inputs including fertilisers, transportation of the produce to the mill and facilitates extension services.

"Those who were left after others quit agreed to enter a partnership that could help us improve quantity and quality of our coffee besides marketing it and this is how our deal with Thika Coffee Mills was born," said Kamwove.

The partnership has seen more farmers abandon other crops and venture fully into coffee farming.

In Kangundo, Machakos County, Katangini Coffee Farms is a model of how coffee can thrive in dry conditions. The 19-acre farm is owned by Florence Waena Mulwa and has 10,000 coffee bushes.

"We tap rain water and with good farming methods, our coffee is as good as that from high altitude regions," says Mulwa.

Thika Coffee Mills chairman Pius Ngugi says they sought the partnership because of the potential the area has. "We want to increase production and improve the quality for better price through a new programme called IPIQ (Increase production and improve quality)," he says.

IPIQ aims at mitigating problems that have been facing the coffee sector for the last 20 years. "To join IPIQ, the farmer or a society must be able to produce at least 500 kilos, be a licensed coffee grower or be a member of a society," says Ngugi.

For one to qualify for the IPIQ membership, the individual farmers or their society group must be able to produce 500 Kgs, be licensed coffee growers or be members of a farmers' society.

In return, Thika Coffee Mills provides advisory services on good agricultural practices, farm inputs, transportation of coffee produce to the factory, financial support and credit advances, life and health insurance, milling, marketing, storage facilities and certifications.

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value addition

ENTREPRENEURSHIP » KAKAMEGA TRADER PROVIDES READY MARKET FOR RABBIT SKIN



George Otieno at his shoemaking workshop at the Kenya Industrial Estates in Kakamega town. He makes his leather products from rabbit skin. ISAAC WALE | NATION

Give me a rabbit skin and I will make you shoes, bags

Shoemaker sources for material from farmers and city factories to make his popular footwear in Kakamega town

BY EVERLINE OKEWO
satnation@ke.nationmedia.com

The Kenya Industrial Estates in Kakamega town is a busy complex. It hosts all manner of small businesses run by several artisans.

Here, you will find fashion designers and metal and furniture workshops.

It is in this complex, located along the busy Kakamega-Webuye road, that George Otieno has constructed his Maguna Shoe Craft mini-factory, where he makes footwear from rabbit, goat, cow and sheep skins.

However, of all the products, those made from rabbit skin are his forte.

Otieno has employed eight young people whose work involves designing new shoe patterns while others cut the leather according to the size.

Inside his workshop, the *Seeds of Gold* team finds different sewing machines used in joining the leather into shoes and other products.

Otieno has been in the shoes business for close to two decades, but he only ventured into the leather business two years ago.

Rising from a cobbler to owning a shoe-making workshop, Otieno has cut a niche in the leather business in the region.

Seeds of Gold had earlier met him at the Kisumu Agricultural Show, which ran on the week ending August 2, where he had gone to market his products.

"I sell various rabbit skin products ranging from shoes, belts, handbags, caps and wallets," says Otieno, who learnt the trade after attending a conference in Nairobi organised by the Kenya Leather Development Council and Comesa in 2013. This was followed by several seminars on shoe making and value addition.

After acquiring knowledge on shoe-making, he started sourcing for raw material — rabbit skins from farmers and soles. He invested Sh1 million. He acquired a loan of

Sh300,000 from Equity Bank and topped with up with his savings.

Before venturing into shoe making business, Otieno used to export fruits to Tanzania and Uganda.

The products he makes from the rabbit skin include open shoes, handbags, wallets and belts. The cost varies. For instance, a pair of shoes goes for Sh2,500, while a handbag sells at Sh3,500.

Otieno says he buys the soles and inner linings in bulk at Sh250,000 from leather and sole industries in Nairobi. According to him, soles worth Sh50,000 can make at least 120 pairs of shoes.

To make shoes from rabbit skin, he buys fresh skin from farmers. All types of rabbit skin can be used, but he prefers skin from the Chinchilla breed.

"I buy fresh rabbit skin. I turn it upside down and spread some industrial salt on it," he says, without divulging specific amounts as it is a trade secret. "The skin then bulges after 10 minutes. Then I take it for drying in a room."



"I SELL VARIOUS RABBIT SKIN PRODUCTS RANGING FROM SHOES, BELTS, HANDBAGS, CAPS AND WALLETS"

George Otieno

He thereafter taps and scrubs the skin using sandpaper, then adds dye. From there, he designs shoe patterns on the leather using cut-out on manila paper. The rabbit leather is cut into the required sizes.

The leather is then sewn up, sprayed and allowed to dry under the sun for 10 minutes.

A tonne of rabbit skin costs Sh200,000. He sources for it from farmers in Kitale, Eldoret and Bungoma.

"I buy per piece, with each retailing at Sh250. Two pieces can make two pairs of open shoes like the ladies' gladiators. I sell them at between Sh1,500 and Sh2,500," says Otieno, adding that the proximity of his workshop to Masinde Muliro University of Science and Technology has given him a boost.

"In a month, I can make up to 600 pairs of shoes from two tonnes of rabbit skin. In a day, I can make up to 35 pairs of shoes."

In a month, Otieno makes an average of Sh150,000 from his trade.

Brian Otieno, one of his workers, says he enjoys making the shoes.

"I learnt the skill from my boss (Otieno) and I look forward to pursuing a related business in the near future," he says

George Waithaka, who keeps rabbits at his Kitale farm, supplies rabbit skins.

"I have about 1,000 Chinchilla rabbits and supply meat and skin products to my clients across the western Kenya region," Waithaka says.

By selling the skins on top of meat and urine, he makes good money from the bunnies.

George Wanjala, a research scientist at Kenya Industrial Research and Development Institute (KIRDI), says skin from mature rabbits is most ideal for product development because it is durable.

He says pelt (skin) destined for dressing should be the best skin, sorted early after slaughter.

New app by Egerton students aims to boost research in agriculture

BY RACHEL KIBUI
satnation@ke.nationmedia.com

On a Sunday afternoon at Egerton University's Graduation Square, a group of students are busy scrolling down their mobile phones' screens.

It is normal to find students busy with their smart phones. After all, being a weekend, they could be on Facebook, Twitter, WhatsApp or other social networks.

However, not all is as it seems. The students are on a mobile phone app dubbed Mkulima Hub, developed by two Fourth Year students, meant to give agricultural information to farmers and students.

Meet 26-year-old Rawlings Ochieng, the Bachelor of Science in Agriculture student who, jointly with Joe Njenga, a Computer Science student, have made it easy and fast for their colleagues to access farming information.

This followed a discovery that there is an information gap for players in the agriculture industry, thus the need to use modern technology to offer a solution.

He first takes the *Seeds of Gold* team through the Mkulima app, which is currently available on Android mobile phones, but to soon be developed for even simpler handsets.

"You have to install the app on your Android phone, then log in," explains Ochieng, who developed the app earlier this year.

To log in, farmers will provide information of their location and telephone number. Then one searches for the area whose information he/she is looking for.

For example, if one searches for a particular county, Ochieng explains, one

can get information on the rainfall pattern, altitude range, temperature, soil PH, pests and diseases.

Currently, the app has data on 20 counties. Most of the information has been collected from fellow students, the Agriculture ministry and the Kenya Agricultural and Livestock Research Organisation.

At the moment, a total of 20 students of BSC Agriculture are connected to the app.

"Mkulima app saves me on the time I would be spending at the library because I just need to check information on it every time I need to carry out agricultural research," says Anthony Kasiuma, a student

He says he would wish to see the Mkulima app grow to be of help to more farmers and students.

Another student, Isaac Nyangeri, says he has depended on Mkulima app for his research, particularly while undertaking the Cropping Systems course. "I have been searching for information such as intercropping and suitable climate for particular crops from the Mkulima app," he says, adding that the app has made research easier.

According to Ochieng, plans are underway to develop Mkulima app to ensure users access more information on issues such as farm inputs dealers and the best prices.

"We have also identified institutions that finance farmers and will soon load the information," says Ochieng

However, finances to develop the app further have been a challenge and the duo hope for a boost from well-wishers to make a difference.



urban farming

LEARNING CURVE» BANANAS AND VEGETABLES ON A SMALL PIECE OF LAND CAN EARN YOU A TIDY INCOME

How we built our Garden of Eden in town, fruit by fruit

Couple bought a one-acre piece of land to settle on, only to find out that the crops they planted on their small garden suddenly became commercially viable

BY ERIC WAINAINA
ewainaina@ke.nationmedia.com

The area around Starehe Girls High School in Kiambu County has seen tremendous growth in the recent past. It is to a home in one of these posh housing estates that we head to one fine morning.

It looks nothing different from the other mushrooming estates in the county. At the entrance of our target homestead, we find workers loading parked fresh farm produce onto a waiting car.

Benson Wakaba and his wife, Esther Wairimu, are getting ready to ferry fruits and vegetables, which they have just harvested on their farm, to the market.

For the last three years, this has been their routine.

We are ushered into the compound where we find a bungalow surrounded by well manicured grass together with banana plants, sugar-cane and other crops.

The couple bought their one-acre piece of prime land three years ago, intending to build a family home.

The area is ideal for both residential and rental houses, which have better returns, but the Wakabas chose to build a house on only half of it and farm on the rest.

selling the produce to her friends and the clientele grew, so we decided to commercialise it," Mr Wakaba says.

They decided to take the venture more seriously.

"We planted more bananas and pawpaw. We also decided to do away with maize and replaced it with vegetables. We sunk a borehole for irrigation and hired some labourers," he says.

Mr Wakaba has built two water tanks with a volume of 70,000 and 30,000 litres and installed an automatic drip irrigation system.

Presently, he has about 200 tissue bananas, 400 paw paws, kale, spinach, black night shade, and capsicum, among other vegetables.

While Mr Wakaba spends most of the time supervising the farm, his wife, who also runs a beauty shop in Kiambu town, deals with the marketing and selling of the produce.

While leaving home in the morning, she delivers her orders to wholesale and retail clients.

Occasionally, she is forced to make a trip back to fetch more produce.

"We deliver the produce on order. We deliver to traders at Kiambu market, while other clients come to collect their orders. The clients prefer our produce because it is clean and fresh," Ms Wairimu said.

On a typical day, the couple makes Sh3,000 from bananas (Phia type) and Sh1,500 from vegetables. The bananas and vegetables are harvested throughout the year.

"From a bunch of bananas, we earn between Sh600 and Sh1,600," she says.

The banana types in their farm are Giant Cavendish, Grand Nain, which are ripened, and Kampala Green that is cooked.

They have 400 pawpaw trees of the Solo Sunrise variety, each which will yield about 200 fruits each.

From the crop, he expects to make between Sh4 million and Sh8 million. A fruit, he said, goes for between Sh50 and Sh100. They sell both on retail and wholesale basis.

Though they have not been using experts in their farming, Mr Wakaba has been reading a lot of farming related literature.

However, he intends to work with experts from Waruhiu Agricultural Development Centre in Githunguri to improve on his farming.

After realising how lucrative banana and pawpaw farming is, Mr Wakaba decided to buy a seven-acre piece of land in Githunguri where he intends to extend his farming.

Recently, he bought 50,000 seeds of the Sunrise pawpaw variety. He has already planted 4,000 of them on a seed bed. He intends to sell them to interested farmers and plant the rest on the seven-acre farm.

The seeds were sourced at the Kenya Agricultural Research Centre in Pakera, Baringo.

He also has tissue culture banana seedlings which are available for sale to farmers.

At the farm, the couple also rears Kenbro chicken, which not only feed on the crop waste and produce eggs, but also provide organic manure.

The farm does not use any chemical or fertiliser.

The couple has been receiving farmers who are interested in learning their kind of farming. They charge a small fee for this.

Wakaba intends to add value to his produce to increase his returns.

"I can advise people to venture into farming. There is a ready enough market. You can reap big even on a quarter-acre piece of land," he says.

Mr Stephen Mureithi, the principal at



Mr Benson Wakaba and his wife Esther Wairimu at their small farm at Njathai-ini in Kiambu, where they farm bananas, paw paws and vegetables, earning at least Sh100,000 per month. ERIC WAINAINA | NATION

Waruhiu Agricultural Development Centre in Githunguri, says if well managed, small farms can produce quality and quantity produce.

"With the shrinking of land, farmers should think of managing the small portions they have," Mr Mureithi.



Embassy of Israel
Nairobi – Kenya



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AIN
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ISRAEL-KENYA AGRIBUSINESS FORUM 2015

The Embassy of the State of Israel in Nairobi-Kenya together with the Council of Governors (COG) and the Agricultural Industry Network (AIN) invite interested persons, companies and other institutions involved in the agriculture and irrigation sectors to this event.

Israel's Minister of Agriculture and Rural Development together with a delegation of leading Israeli agriculture and irrigation companies will be in the country in the next few weeks to explore collaborations with Kenyan stakeholders.

Kindly note:

- 1) Those interested must register on: <http://embassies.gov.il/nairobi>
- 2) Only those who shall be shortlisted and accepted shall receive confirmations at least 1 week to the event. This applies to the private sector and non-governmental institutions involved in the afore-mentioned sectors.
- 3) Government institutions shall receive invitation letters but are encouraged to express their interest by emailing nairobi@israeltrade.gov.il so as to ensure they are not left out unintentionally.
- 4) There are **limited slots** for attendance which shall be allocated in consideration of factors that include the capacity to undertake projects, interests/needs that match with what will be offered by visiting Israeli companies and early expression of interest to participate (registration deadline is August 28th).
- 5) Details about the visiting Israeli companies will be posted on our website (given above). Feel free to review their profiles and indicate which companies you wish to have meetings with.



Sh100,000

The amount of money the Wakabas make every month from their half-acre piece of land in Kiambu County

I HAD NEVER DONE FARMING BEFORE. I TRIED IT JUST TO KEEP MYSELF BUSY AND BECAUSE I LOVE CROPS AND ANIMALS" - Benson Wakaba

Instead of planting flowers for beauty, he planted 50 pawpaw trees, guavas and some bananas.

For his bananas, Mr Wakaba, who runs a private primary school, St Tito's, bought quality tissue seedlings from Jomo Kenyatta University of Agriculture and Technology.

"I had never done farming before. I tried it just to keep myself busy and because I love crops and animals. But after the crops matured, we got good market for it," Mr Wakaba says.

Traders from Kiambu market and his neighbours would stream to his compound to buy the bananas and pawpaws.

"We had not seen the commercial importance of the crops we were planting. My wife begun

poultry

NUTRITION >> STEP BY STEP GUIDE ON HOW YOU CAN MAKE HIGH QUALITY CHICKEN FEEDS AT HOME USING EASILY AVAILABLE MATERIAL

The A-Z of making your own quality chicken feed at home to cut costs

To make chicken feeds at home, farmers need to do it in the right way, taking care to use the right proportion of each feed ingredient. The raw material used should be of the highest quality to ensure your chicken grow well to give you good returns in the long run

BY PETER KAMAU

Except for a few feed manufacturers who keep to the standards in poultry feed formulations, many feed companies in the country make very poor quality feeds, a situation which has led huge losses.

Poor quality feeds lead to a slow growth in chickens, low egg production, diseases or even death. Making poultry feeds on the farm is one of the best ways to maintain quality and cut the cost of production.

The common ingredients are whole maize, maize germ, cotton seed cake, soya beans, sunflower or fish meal (*omena*).

In addition, farmers need to add several feed additives (micronutrients, minerals and vitamins) to make ensure their chicken have a balanced feed that meets their daily nutrient requirements.

Material is available cheaply, especially after the harvesting season. Depending on the cost of raw material, farmers who make their own feeds at home save between 30 to 50 per cent for every 70kg bag of chicken feed, depending on the source of their raw materials.

Due to government regulation, major feed companies

have reduced the standard quantity of feed from 70kg to 50kg per bag, but the price of feed still remains almost the same.

This means that farmers who are able to make their own feeds make great savings on feeds which take up to 80 per cent of the production costs.

To formulate feeds, farmers have to use the Pearson Square method. In this method, the digestible crude protein (DCP) is the basic nutritional requirement for any feed preparation for all animals and birds.

Now, assuming that a farmer wants to make feed for their chicken using this method, they have to know the crude protein content of each of the ingredients they want to use to make their feed.

The following are the DCP values for each of the common ingredients used in feed making:

Whole maize — 8.23%
Soya — 45%



Fishmeal (*omena*) — 55%
Maize bran — 7%
Sunflower — 35%

Each category of chicken has its nutritional requirement. For example, if we want to make feed for layers, the feed should have at least 18 per cent crude protein.

If one was to formulate feed for layers, then they would have to calculate the percentage of DCP in each of the ingredients they want to use to ensure that the total crude protein content is at least 18 per cent.

Therefore, to make a 70kg bag of feed for layers, a farmer would require the following in-

gredients:

34kg of whole maize
12kg of soya
8kg of *omena* (fishmeal)
10kg of maize bran
6kg of lime (as a calcium source)

To find out if all the above ingredients meet this standard

What to do when your animal eats that discarded plastic bag

BY FELIX OPINYA

Hygiene in the farm starts with clean surroundings because some waste material can disturb animal comfort and health. Many a times, we focus of clearing animal waste, feed remains, any unwanted vegetation or soiled pieces of paper within the vicinity of the animals but forget the disastrous plastic bags. Ingestion of plastic bags can kill animals.

Pieces of plastic bags may find their way into the farm through; hay bale wraps, package material from mineral supplements, package from commercial animal feeds, materials carried by wind and frequently the use of polythene pieces in tightening Jerican containers like those of molasses.

The effects of plastic ingestion extend beyond the animals to include consumers of milk or meat. Most farmers suspecting that an animal has ingested plastic bags will many times slaughter them secretly

and this because they are aware of the harmful effects on people consuming the product.

The plastics have polymers that are carcinogenic, thus induce cancer and tuberculosis in humans who consume products from the affected animals.

To some extent, the toxins in the plastics remain in human breast milk and expose suckling babies to health dangers.

Why animals eat plastics

Just like children can eat dirty stuff, animals can eat different materials that may have no known nutritional value but just for curiosity. Plastic materials have varying tastes; some are sweet while others taste salty.

Another scenario is where animals are confined, like in the zero grazing units. In this case, if not well supplemented with minerals, animals become mineral starved thus start hunting or get attracted to tasty materials or licking someone near them,

grind wooden posts that are not dry within their enclosures. Such animals will swallow plastic polythene bags that hang around.

Some animals are also tethered along the roads while others are left to graze openly. During this time of grazing, they get exposed to these dangerous plastic materials or at times are forced to scavenge for food in garbage areas.

They should be well supplemented with minerals, and if they must be tethered, then tether them away from garbage materials with pieces of polythene bags.

Signs that animal may have ingested plastic bags

Ingestion of plastic materials may not result to immediate death, but there are several difficult symptoms seen in the victim animals.

These plastics are indigestible and therefore pile up in their stomachs (rumen for cattle) with time and get entangled with different materials, forming a hard ce-

ment-like ball.

After sometimes, the animal shows signs of being weak and tired then goes off feed and at times experiences bloat due to stomach blockage; and the animal may start drinking a lot of water. What follows high amount of water intake may be diarrhea because of blockage except in liquids. This animal gets poorer every day to an extent of showing extreme discomfort, and if no action is taken, the animal dies.

Treatment

There is no vaccination that will help keep your animal safe from ingesting plastic bags. Your animal will also not pass large plastic material through the waste. Some are lucky though, to pass them out when consumed in smaller pieces. There are no drugs for destroying plastic bags while in the animals' stomach.

Luckily, some people have successfully used laxatives like high quantities of mineral oils, given to the animal to help break-

down solid materials and smoothen plastic to increase chances of slippery passage. This on the other hand, could complicate diarrhea.

As such, a sure way to try and save the animal from death is surgery to remove the plastics plus other waste items from the stomach by the help of a veterinary surgeon.

Surgery, again, will cost you much money, just imagine doctors' fees and the loss of the animal whether most valued in the farm or not. It can be this painful, just because of the plastic bags we ignore around the animal.

As prevention is better than cure, keep the animal surrounding free of plastics, be selective on where to tether your animals to forage and ensure mineral supplements are availed to the animals.

Felix Opinya works for the Department of Animal Sciences, Egerton University

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poultry



PETER KAMAU | NATION

Chicken feeding at a poultry farm in Mbeere, Kirinyaga County.

of 18% crude protein, a farmer can do a simple calculation as follows:

Whole maize — 34kg x $8.23 \div 100 = 2.80\%$
Soya — 12kg x $45 \div 100 = 5.40\%$
Omena — 8 kg x $55 \div 100 = 4.40\%$
Lime — 6 kg x $0 \div 100 = 0.00\%$
Total % of crude protein = 13.30%

To get the total crude protein percentage of all these ingredients in a 70kg bag of feed, the farmer should take this crude protein content of the combined ingredients, divide by 70kg and multiply by 100, thus — $13.30 \div 70 \times 100 = 19\%$; this shows that the crude protein content of the above feed formulation is 19%, which is quite adequate for layers.

To ensure the chicken to get all they need in terms of nutrients such as vitamins, minerals and amino acids, you need these additives in their standard quantities.

In order to make it even simpler for farmers who would wish to make their own feeds, below are feed formulations for each category of chickens and stage of growth already worked out such that all the farmer needs is to buy the ingredients and mix them:

Making a 70 kg layers of layers chick mash (1-4 weeks)

Growing chicks require feed with Digestible Crude Protein (DCP) of between 18 to 20 per cent. The following formulation

can be used to make a 70kg bag of layers chick mash:

Ingredients

31.5kg of whole maize
9.1kg of wheat bran
7.0kg of wheat pollard
16.8 kg of sunflower (or 16.8 kg of linseed)
1.5kg of fishmeal
1.75kg of lime
30g of salt
20g of premix Amino acids
70g of tryptophan
3.0g of lysine
10g of methionine
70 g of Threonine
50g of enzymes
60g of coccidiostat
50g of toxin binder

Making a 70 kg bag of growers mash (4 to 8 weeks)

Growers (pullets or young layers) should be provided with feed having a protein content of between 16 and 18 per cent. Such feed makes the young layers to grow fast in preparation for egg laying:

10kg of whole maize,
17kg of maize germ
13kg of wheat pollard
10kg of wheat bran
6kg of cotton seed cake
5kg of sunflower cake
3.4kg of soya meal
2.07kg of lime
700g of bone meal
3kg of fishmeal
Additives
14g of salt
1g of coccidiostat
18g of Pre-mix
1g of zinc bacitracin
7g of mycotoxin binder

Making a 70 kg bag of layers'

THE TIPS

IMPORTANT TIPS ON FEED PREPARATION

- When making home made feed rations, it is important to do experimental trials, by isolating a number of chickens, feeding them and observing their performance. If the feed rations are right, the broilers will grow fast and layers will increase egg production (at least 1 egg after every 27 hours).
- Buy quality fishmeal from reputable companies. If omena is used, the farmers must be sure of its quality; most of the omena in the open-air markets may be contaminated. Farmers are advised to go for soya meal if they cannot get good quality omena.
- Always mix the micronutrients (amino acids) first before mixing them with the rest of the feed.
- For mixing, farmers are advised to use a drum mixer (many jua kali artisans can make one). Never use a shovel to mix feed because the ingredients will be unevenly distributed.

Important: To improve on the feed quality, farmers making their own feeds should always have it tested to ensure the feed is well balanced. The KARI Centre in Naivasha has modern feed testing equipment that can test all nutrients and even the quality of the raw material used. It costs Ksh1000 to test one sample. After preparing your feed, take a 1kg sample; send it by courier to KARI, Naivasha, Tel. 0726 264 032 or 0738 390 715. If you are on email, the centre can send the results to you within 24 hours.

mash (18 weeks and above)

Ingredients

34kg of whole maize
12kg of Soya
8kg of fishmeal
10kg of maize bran, rice germ or wheat bran
6kg of lime
Amino acids
175g premix
70g lysine
35g methionine
70kg Threonine
35g tryptophan
50g toxin binder

Layer feed should contain a Digestible Crude Protein (DCP) content of between 16-18 per cent. The feed should contain calcium (lime) for the formation of eggshells (laying hens that do not get enough calcium will use the calcium stored in their own bone tissue to produce eggshells). Layer feed should be introduced at 18 weeks.

Formulating a 70 kg bag of broiler feed

Broilers have different feed requirements in terms of energy, proteins and minerals during different stages of their growth. It is important that farmers adapt feed rations to these requirements for maximum production.

Young broilers have a high protein requirement for the

development of muscles, feathers, etc. As the broilers grow, their energy requirements for the deposit of fat increase and their protein requirements decrease. They therefore require high protein content in their starter rations than in the grower and finisher rations.

Broilers should have feed that has between 22 -24 per cent DCP. The following guidelines can help the farmer to make the right feed at each stage of growth:

Broiler starter feed (1-4 weeks)
40kg of whole maize
12kg of fishmeal (or omena)
14kg of soya bean meal
4kg of lime
70g of premix
Amino acids
35g of lysine
35g of Threonine

Preparing broiler Finisher feed (70kg)

10kg of whole maize
16.7kg of maize germ
13.3kg of wheat pollard
10 kg wheat bran
6 kg of cotton seed cake
4.7kg of sunflower cake
3kg of fishmeal 2kg of lime
3.4kg of soya meal
40g of bone meal

10g of grower PMX
5g of salt
5g of coccidiostat
5g of Zincbacitrach

NOTE: For farmers who have more than 500 chickens, it is advisable to make 1 ton of feed at once (There are 14 bags of feed in one ton).

Therefore, to make 1 tonne of feed, all a farmer needs is to multiply each of the ingredients by 14. Ensure that all the feed you make will last for one month and not longer — this ensures the feed remains fresh and safe for chickens. Any feed that lasts more than one month may deteriorate in quality and can affect your chickens.

Daily feed requirements for each growth stage

Farmers should maintain the right feed quantities for chicken at each stage of growth as shown below:

— An egg-laying chicken requires 130-140g of feed per day.

— A chick requires a minimum 60g per day. If they finish their daily rations, give them fruit and vegetable cuttings to ensure they feed continuously.

— Young chickens (or pul-

lets) which are about to start laying eggs should be fed 60g for 2 and ½ months and then put on layer diet (140g per day). Supplement the feed with vegetables, edible plant leaves and fruit peelings in addition to their feed rations.

— Broiler chicks require 67g per day. Broiler finishers require 67g of feed per day to the day of slaughter.

— Chickens are very sensitive to aflatoxins- never use rotten maize (*maozo*) while making feeds.

Where to buy ingredients

Farmers who need raw materials for feed making including feed additives (pre-mixes and amino acids) can order them from agroveterinary shops nearest to them. There are also companies doing calibration services for farmers who wish to make feeds in large scale farming enterprises and even for any farmer who requires these services.

This article has been reviewed by Dr Joseph Akai, a reputable feed expert. It is adapted from *The Organic Farmer* magazine. (www.organicfarmermagazine.org) kamaupeter27@gmail.com



QUALITY ANIMAL FEEDS

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The **Saturday Daily Nation** issue of **22nd August 2015** in the **seeds of gold** magazine will publish a special feature on quality animal feeds for higher productivity.

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humour

Twin attack by bitter neighbours

BY JOSEPH MACHARIA
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@mkulimayoung

I knew it would be a rough ride being the chairman of Mashambani Cooperative Society. I knew the challenges of reviving the cooperative from the deep pit it had sunk into would not be an easy task.

At the back of my mind, Mzee Jeremiah's last words at the cooperative offices still linger in mind. "I will keep fighting. I will watch over the illegal chairman. I will never allow him to take us for a ride," Mzee Jeremiah told his supporters.

I did not know that my fights with Mzee Jeremiah would come so soon and in the style it did last Tuesday. The story started with a young bull that I gave Ken, a recovering alcoholic, to rear. To take you a little back, at Mkulima Mixed Farm, I always give out any young bulls born from our dairy stock as it is unprofitable to keep male calves and feed them with milk for three months, milk which I would rather sell and make more profit.

So I use any male calf to express as a philanthropic gesture and demonstrate my farm's corporate social responsibility by giving them out after feeding them with colostrum.

Ken happened to be one of the beneficiaries of such gestures two years ago. Ken is one of my village mates who used to earn a tidy sum when he was the conductor of Maendeleo Bus Service.

I recall with great veneration how he would offer us a lift while we were day scholars with Makanya, my old friend, at Mashambani Secondary school that was 10km away.

However, with his penchant for second generation alcohol, he lost his job and almost became destitute.

"Mkulima, what can I do with a minimum budget of Sh25,000," he once asked me after he stopped thinking too much about his grandeur and considered the options he had in farming.

"You can start by buying young bulls from the dairy farmers and fattening them," I advised him. Its unfortunate that many people take farming as the last resort when all the other options fail.

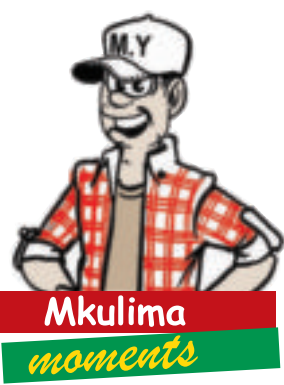
Due to my old relationship with him, I gave him one of the best young bulls without any payment. We agreed we would share the revenue when he finally sold it. It was a deal.

This stallion bull grew to be a fatty and meaty structure with an insatiable appetite to break fences. So last week, it broke Ken's chain fence and strayed in Wagithomo's maize farm. Wagithomo is my neighbour and a dairy farmer who was a key ally of Mzee Jeremiah in the last elections.

The vitriol he has spewed against me has been testimony that he loathes me more than Mzee Jeremiah does. He kept telling my opponents that being my neighbour he had exclusive and classified information about what happens in my family. That is why Mzee Jeremiah put him at the centre of his campaign.

So Ken's bull strayed into Wagithomo's farm and when it overwhelmed him, he shouted for help. I rushed to the farm and found him and the heavily breathing bull staring at each other. Ken's physical appearance only indicated the night's struggle — old boots, dirty and tattered blue overall and a cane.

After a few minutes, we calmed



down the bull. "Ken, prepare for Wagithomo's wrath," I told him as we tethered the bull to one of the grivellia trees in his compound.

"But it has already served one of his cows which was on heat," Ken said smiling. "So compensation and natural insemination will cancel each other," he added.

I hurriedly went home to meet Mr Kabeca, our cooperative treasurer, who was briefing me on cooperative management since I was preparing for an executive meeting. I sympathised with Ken on how he would handle Wagithomo. I also suspected that this war could draw in Mzee Jeremiah.

I was right. At around 10am, Wagithomo and Mzee Jeremiah violently knocked on my door and made their way into the house. They found me busy sharing boiled green maize with Kabeca.

"You even stole my green maize!" Wagithomo roared. "So you stole elections so that your sick bulls can eat our maize crops!" shouted Mzee Jeremiah. The army of two staged a shouting war all over the house, attracting a few neighbours.

Wagithomo interjected: "I am not arguing with you! I have been patient for a long time!"

"Starting from your campaigns,

to your chicken and now the bull destroying my supporters' crop," Mzee Jeremiah added.

He turned to Mr Kabeca, "So now you are with this mole," he shouted as Kabeca walked out.

"How do you allow your bull to destroy my crop and rape my cow?" Wagithomo yelled.

Mzee Jeremiah shouted louder: "We want Sh 50,000 for this mess or else we end up in court. Stupid farmer!"

He continued to say that my farm was becoming a menace in the village. "His visitors block my gate. The smell of the sludge from his cows is polluting the air. I am nowadays very sick," Wagithomo said.

"Your bees have been trespassing into my fruits and even robbing nectar from my flowers!" he added. "They are even a roaming danger to my family and livestock," he said referring to the hives I recently acquired from Nzuki, the well-known beekeeper from Ukambani.

But a few minutes later, he gave me a straight stare into my eyes. "Meet my lawyers in court." he roared and banged the door behind him.

I am still waiting to be served with a notice from his lawyer as threatened. With all the accusations, including destruction of crops, bees 'trespassing and robbing' my nectar! The danger of bees flying over neighbouring farms. Bee stings while trespassing into my farm. Obstruction, noise and air pollution from my visitors and sludge!

I am planning to argue that Wagithomo is on record for admiring the healthy bull which he wanted to serve his cow but could not approach me. The bees have pollinated his crops despite me getting the honey — again they cancel each other out.

I am even thinking of taking him to court before he does! He has caused death to my worker bees that stung him.

I am not a judge. Do we have any good lawyer out there who deals with agriculture law and difficult neighbours? I need some counsel.

Devolution Corner

Irrigation and new crops will bring wealth to farmers in Migori

Once the economic mainstay of Migori County, sugar cane and tobacco are no more. Where to should Migori farmers turn? Governor OKOTH OBADO spoke to EVERLINE OKEWO

With sugar cane and tobacco on their death beds here, what else can put money into farmers' pockets?

We started growing soybean recently as an alternative to tobacco and sugar cane. One of the ways in which we are supporting farmers is by supplying them with seeds to push down their cost of production. So far, 2,000 farmers have benefitted. We have also linked farmers to Equatorial Nut Processors where they can sell their produce. Other companies that have expressed interest to work with us are BIDCO and a company in South Korea. With that, farmers will soon be able to earn handsomely from their sweat.

What else are you looking at?

We are also promoting fruits like citrus, avocado, yellow passion and tissue culture banana. The county has nurseries to grow sorghum, cassava and wheat for growing in drier parts like Nyatike. Even those growing tea are now paid within two months. The other very important facet is irrigation. The Lower Kuja Irrigation Scheme is complete. Its total size is 20,000 acres. As I speak, about 200 acres are ready for irrigation. The farms will be divided into plots for production of various food crops. We want to plant sunflower, melons, onions, and upland rice.

The cost of inputs is also prohibitive to many farmers and a key stumbling block to the achievement of food security. What are you doing on this front?

My administration has started an input access programme. We invested Sh31 million to buy fertiliser (NPK, DAP for planting and CAN for top dressing). Besides, we have also purchased hybrid seeds both for the upland rice variety and maize. Under this programme, 4,000 farmers have been supplied with seeds and fertiliser.

Through value addition farmers can substantially increase their earnings. Any plans for value addition?

Through the Department of Economic Affairs, farmers are being trained on how they can add value to their crops. Recently, we procured a Sh2 million potato processing plant. Through the plant, farmers will produce a wide range of sweet potato products such as crisps, biscuits, bread and cake. The factory is under installation and in less than two months, we will be good to go. Suna-West, Kuria and partly Rongo sub county are sweet potato hubs. We have also employed extension officers to train farmers on how to add value to soya beans to make soy milk, soya flour and bread.

Your government recently announced it had offered 150 dairy cows to farmers free of charge. How is this project faring?

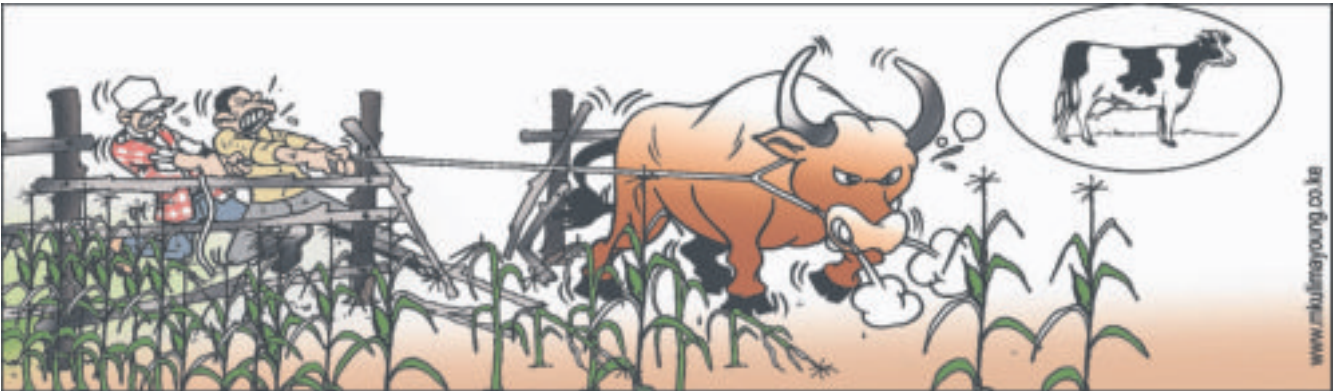
Dairy farming offers another opportunity for investment in the county. My administration distributed 150 cows to livestock farmers in 33 wards in February. The farmers were organised in 10 clusters. The benefitting farmers qualified on the availability of feeds, labour, constant supply of water and housing. So far, the cows have calved down and the calves given to other beneficiaries in the Sh17 million scheme that is set to empower thousands of farmers. Soon as we expect the pedigree breed will spread all over the county.

Any hope for the tobacco farmers?

Most of the tobacco growing companies have left Kenya. These companies had contracted about 15,000 farmers who have now been rendered jobless. Tobacco has also lost value in terms of payment, there was underpayment and many other challenges like health risks and child labour. This is why we are working on high value alternative crops to improve the livelihood of these farmers. But we will also support those who will cling on to it by trying to look for alternative markets within the country and across the border.

But the poor road network can make all your grand projects come a cropper because farmers will not access the market. What are you doing about this?

We are



Red flag raised over tse tse fly menace in Kenya

By BILLY MUIRURI
A government agency has raised the red flag over the prevalence of tse tse flies in Kenya.

In a damning revelation, only 10 out of the 47 counties in the country are not infested by the flies which are a threat to the dairy industry.

According to the Kenya Tsetse and Trypanosomiasis Eradication Council (Kentec), only Nairobi, Kiambu,

Nyandarua, Nyeri, Nandi, Kisii, Uasin Gishu, Kericho, Nyamira and Trans Nzoia counties are free of the dangerous pest.

Kentec CEO Dr Pamela Olet said all the other counties were infested making it hard for most regions to rear exotic breeds.

"This is one of the neglected tropical diseases. Areas adjacent to national parks are worst hit because they act as reservoirs of the pest," said Dr

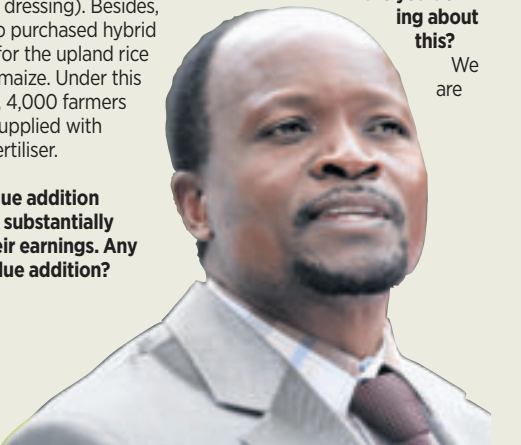
Olet. She said there are eight different species in different belts with areas around the lake region and rangelands in western Kenya and Transmara bearing the brunt of sleeping sickness among human beings living there.

"Tsetse is hugely affecting tourism, agriculture and public health. It is now a national concern," Dr Olet told *Seeds of Gold* in Nairobi.

However, efforts to eradicate

the pests has seen formerly affected areas slowly regain their economic potential. For example, Ruma National Park is now collecting more than Sh2 million annually, up from a meager Sh400,000 a few years ago.

"We also have a farm that has more than 100 dairy cows near Mwea Game Reserve in Kirinyaga County. It was impossible to have them some years back," said Dr Olet.



value addition

SHORTAGE» CURRENTLY, KENYA ONLY HAS 200 PLANT DOCTORS WITH EACH SERVING UP TO 1,000 FARMERS

How plant clinics can help spread extension services

The clinics are helping farmers to detect pests and diseases early and this reduces losses

BY ISIAH ESIPISU
satnation@ke.nationmedia.com

With the rapidly changing climatic conditions, there is evidence that farmers are facing many challenges including new diseases and pests.

Some of the pests and diseases are completely devastating, thus, it calls for new approach in dealing with the emerging challenges.

The agriculture function was devolved to counties and therefore the devolved units must play a key role in helping farmers overcome these challenges if we are to be food secure. One way to go about it is by embracing "plant clinics".

These services are already being offered in some parts of the country following successful pilots by

Centre for Agricultural Bioscience International (CABI), through their programme Plantwise.

Just like in your usual human clinic, farmers take their infected, infested and affected crops to plant clinics in designated areas where experts (plant doctors) diagnose pests and diseases and advise them accordingly.

The plant clinics are currently run by the Ministry of Agriculture, Livestock and Fisheries, with technical support from the Kenya Plant Health Inspectorate Service, the Kenya Agricultural and Livestock Research Organisation, University of Nairobi and the Pest Control Products Board.

Other partners include Agrochemicals Association of Kenya and Seed Trade Association of Kenya.

It is time for county governments to take up the concept and provide these services even at ward levels to save farmers losses.

The plant clinics will help address the current problems the counties are facing in provision of extension services, where a single officer is expected to serve up to 1,000 farmers.



ISIAH ESIPISU | NATION

John Mutisya, a plant doctor, uses a magnifying lens to show Patrick Kitili what his crop is suffering from during a plant clinic in Machakos.

However, the county governments should know that in the wake of climate changes, there is need to re-train the plant doctors so that they are familiar with emerging trends in crop disease and pest control.

The beauty of this is that with sup-

port from universities and research organisations, the trainers can disseminate their knowledge to thousands of experts all over the country.

Currently, there are less than 200 fully trained plant doctors under the current scheme. That 11,600 plant

health queries have been recorded from the 13 counties in which the programme has been implemented in the past three years is an indication that farmers are interested in understanding the health of their crops.

In developed societies, plant clinics have been used for early pest and disease detection and management.

As well, considering that all data is analysed and archived on the Internet, it becomes a future reference point for further studies.

In Kenya, the most devastating plant disease is the Maize Lethal Necrosis, which was first detected in Bomet County in 2011. The disease has caused farmers massive losses.

With properly functioning plant clinics in all the 47 counties, such diseases can be detected early and managed before they spread.

The same concept should be extended to animals.

Isiah Esipisu is a Nairobi-based journalist specialising in agriculture and climate change reporting. esipisu@yahoo.com

MIFUGO NI MALI Q & A

Questions answered

Make sure your dairy feed has plenty trace mineral elements

'Seeds of Gold' Magazine has enabled me improve on nutrient balancing when formulating feed for my dairy cows. However, I still do not understand why I should supplement my cows with trace mineral elements yet they feed on good quality feed. Please shed some light on this including how they benefit dairy cows.

Dan Oboke

Thank you for your compliments on our column.

Supply of trace minerals elements forms an integral part of dairy cattle nutrition

program. They are similarly as essential to your dairy herd as feeding them on feed well balanced with nutrient classes of energy, proteins and vitamins. Feed, be it formulated or pasture sources rich in these nutrient classes, cannot meet trace minerals elements that fully benefit dairy cows.

Therefore as part of feeding your dairy herd, it is of worth considering supplementing them with trace minerals elements to fully maximize the benefits of providing quality feed. This means that it is not profitable or desirable to leave the mineral demand of your dairy cows to chance.

From the first paragraph, it appears that you formulate feed for your dairy cows, this must be the good quality feed you are referring to in the second part; but what is your definition of a good quality feed?

A good quality dairy feed should contain grains, good quality forage, proteins source, minerals and vitamins in the right quantities and proportions.

This mixture when fed to an

animal, is called a total mixed ration (TMR). The minerals in this feed provide the trace elements.

Trace elements are required in very minute quantities in the animal body; the requirement is dependent on the age, sex and stage of production of the animal. However, the demand for trace elements increases during stressful situations like calving, high performance or disease.

The main trace elements essential for cattle include copper, zinc, manganese, cobalt, iodine, iron and selenium. These elements are important in the functioning of hormones and enzymes and thus play a key role in metabolism, health and immunity.

They contribute to optimal growth, production and reproduction. Their deficiency will therefore lead to poor fertility, poor growth, disturbance in pigmentation, porous bones and poor feed conversion efficiency among other problems.

When formulating feed, it is important to know that forages

do not contain enough trace elements to cover the needs of high yielding dairy cows and that the amount of trace elements on pastures depends mainly on the soils, where the plant is sourced from, plant population and type of fertiliser used.

For example grasses sourced from parts of Nakuru have low levels of cobalt, which is itself a trace element. It is because of these reasons that it is important to supplement these trace and other minerals in the animal's diet.

Trace mineral elements have proven to consistently deliver higher profitability to dairy herds. Dietary supplements are available in commercial packs in crystal forms which may be added to feeds, powder licks and water-soluble administered through drinking water or oral drench.

When given as part of overall dairy nutrition program, they put up the foundation for long-term healthy herd.

They are beneficial in that they get into the body systems of the animals thus help



Willy Kirwa, a dairy farmer in Kapsaret, Uasin Gishu County, feeds his cows. JARED NYATAYA | NATION

keep them healthy, maintain optimum milk production, efficiently improve their reproductive performance and some get stored in the animal's body mineral stores. So said, they should be available to animals regularly during lactation, dry period and to replacement heifers.

To optimally supplement a dairy cow in preparation for lactation, trace mineral supplementation during the dry period and around calving critically improves their health and consequently improve their reproductive performance specifically fertility. Through this, they return to heat early and reduce number of services

per conception while heifers exhibit fewer number of days to first service. There is also reduced occurrences of retained afterbirths/placenta. In mammary health, it helps boost gland resistance and reduce somatic cell count thus improving milk quality.

Article prepared and reviewed by experts in the Faculty of Veterinary Medicine, University of Nairobi. Mifugo ni Mali welcomes queries on livestock farming and will answer them in subsequent articles. Please send your questions to satnation@ke.nationmedia.com

listing

GREEN MARKET : Where buyers and producers meet

BUYERS

DESMODIUM or LUCERNE. I am interested in buying desmodium or lucerne. I am located in Machakos and I would prefer the seller to come from closer regions such as Rongai, Kikuyu, Thika, and Kiambu, (for ease of transport.)
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Contact: 0722 762 876

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Location: Eldoret
Contact: :0721235029

MATURE PURE FRESIAN BULL,
Age: 20 months old.
Price: Negotiable
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Contact: 0725442864

KARI CHICKS All ages between one day old up to one month old. Vaccinations upto date.
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CHICKS and INCUBATORS: Kari Improved Kienyeji chicks a day-old at Sh100, a week old at Sh130, two weeks old at Sh160, three weeks old at Sh180 and one month old at Sh230. 1,232 eggs incubator at Sh85,000, 528 eggs incubator at S55,000 (fully automatic)
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CHICKS: All ages between one day old and one month old, vaccinated up to date.
Price: Negotiable.
Location: Athi River, Syokimau.
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HEIFERS: Unserved heifers at Sh70,000, downward in-calves heifers at Sh100, 000. First and second calvers at Sh130,000.
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KUROILER CHICKS: First generation Kuroiler chicks from Uganda.
Price: Day old at Sh120, 2 weeks old at Sh200, 4 weeks at Sh300.
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Price Over 200 chicken starting at

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INCUBATORS: Egg incubators, powered by kerosene, gas and electricity.
Capacity: 500–4,300 eggs.
Price: Sh40,000 to Sh180,000.
Contact: 0723 460105.

CHICKEN: Three months Kuroiler, Kari and Rainbow cocks at Sh500.
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RABBIT CAGES: Fully automated or singles.
Price: 2,800 special offer minimum 12 cage set.
Contact: George on 0725893963.

ANIMAL SALTS: As per demand.
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Price: Negotiable
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Quantity: 200 per week.
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Quantity: 10 acres of ready maize stalks with maize for sell and ideal for making silage. Also 3 tonnes of omena fish for making animal feeds.
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AFRICAN BEES PURE HONEY. As per demand.
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REVIEW | What happens when swindlers are allowed to don holy robes in God's name?

Impostors continue to stomp the earth in loud cries and chants of: Washindwe!

JOYCE NYAIRO

The Nigerian writer and academic, Okey Ndibe, is no stranger to Kenya. He was in Nairobi in December 2010 for the Kwani Litfest. Last week, he joined several Kenyan writers at the 8th Hargeysa International Book Fair in Somaliland and read from his new novel, *Foreign Gods Inc.*

This is a story about the aspirations of Africans, whatever corner of the globe they find themselves in. From the New York-based protagonist, Ikechukwu Uzundu, with his "stubborn dream of a green card", to the zealous, Michael Jordan-inspired, hoop dreams of "gray-haired weaklings" and FUBU-wearing teenagers in the villages of Nigeria, this is a story about the variety of false prophets who fuel the desires of desperate Africans.

Ndibe has zeroed in on some of the most urgent questions in Africa today. Namely, who will call out the charlatans in the faith industry and how do we restore the place of religion in society as a space of sacred duty and unobtrusive spiritual nourishment?

Ndibe is no stranger to the work of raising difficult questions of this kind. In his first novel, *Arrows of Rain* (2000), he gives a heart-wrenching portrait of Femi Adero, a young journalist who comes face to face with the extremes of political dictatorship and the dangers of pursuing unlikely truths. Caught in a dilemma, his grandmother reminds him that "a story that must be told never forgives silence."

Ndibe circumvents the culture of silence that reigns over Africa's inequities by setting his story of political excesses in a fictional country, Madia and employing the device of an unreliable narrator in the form of Bukuru – an eccentric vagabond who everyone dismisses as a mad man. The mystery of Bukuru's real state of mind forces us to question the things that we accept as normal in our every day lives.

One thing is certain; in Africa, reality is often far stranger than fiction. Too often, people get by, refusing to scrutinise the sources of their miseries instead focusing on make-belief worlds that are routinely labelled "the future". Sometimes, religion offers that one-way ticket to these imagined futures.

What sets *Foreign Gods Inc.* aside from our everyday encounters with religious hypocrisy is Ndibe's sustained examination of the victims of this scam. He is acutely aware that they are victims, twice over – run down and dehumanised by the demands of neoliberalism, they become desperate, easy picks for anyone with a diversionary tale.

Such is the misfortune of Ike Uzundu, who falls for the promises of Mark Gruels, a Manhattan dealer in gods from far off places. Ike has an

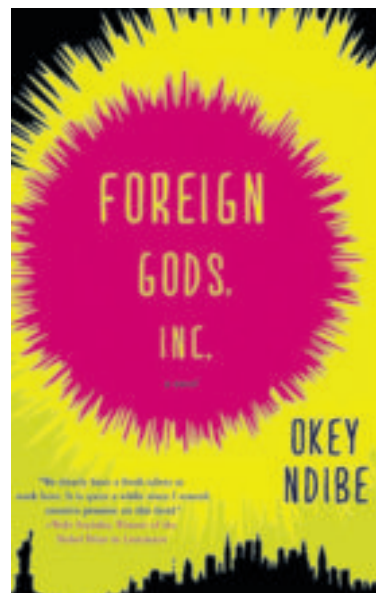


PHOTO | CORRESPONDENT
Nigeria author Okey Ndibe (left) and his book *Foreign Gods Inc* that explores the allure of religion for Africans across the world.

Gods from far off places: Okey Ndibe confronts merchants of the faith industry

honours degree in Economics but his ill-fitting Nigerian accent bars him from corporate America and condemns him to taxi driving. It is not enough to sustain the demands of his family.

Across the Atlantic, Ike's mother falls prey to the verbose charlatan, Pastor Uka of the Maity Deeds World International Redeemers Church where worshippers "come to be prospered, releaced from yokes and satanic attacks, wumbs opened, miraculous deliverance, devine wanders...in Jesus maity name!!!". This stream of misspelt words scrawled on the sign-board says it all. This is a place of slippery truths and blurred understanding.

The sheer subtlety with which he draws parallels between his characters is striking. Ike and his mother are both victims of fast-talking traders in religious wares. Similarly, what is it that really separates Ike and his plan to sell his people's god of war, Ngene, in America from Reverend Walter Stanton – the missionary who brought Christianity to Utonki, Ike's village?

The cynicism with which Gruels dismisses Ike's lavish talk about the powers of Ngene is the same scepticism with which the villagers of Utonki once listened to Reverend Stanton's sermon on the immaculate conception. "...born of a virgin?" one new convert whispered to another. Both men shrugged, bemused. "The white man knows many things", the

other whispered back, "but he doesn't know how to tell a good lie".

Ike and Reverend Stanton are ultimately united by their fate at the hands of Ngene, the god of war, but not before Ike takes on the fake Pastor Uka and his toxic sermons. Uka's vulgar gospel of prosperity raids the Bible for references to imminent wealth and malicious enemies (sound familiar, anyone?). Like many others in our midst who are dirt poor, lonely and depressed -- after her husband's sudden death -- Ike's mother falls hard for these tales of malevolent neighbours and "miraculous deliverance".

With *Foreign Gods Inc.*, the novel he worked on for six-and-a-half years, Okey Ndibe has sharpened his genius. Gone are the ponderous passages that make *Arrows of Rain* a fairly dense read in places.

In *Foreign Gods Inc.* the flashbacks are clear and the "characters are painted with

vibrant, tangible histories. Ndibe's capacity to echo several varieties of language and to create credible dialogue confirms his place as a perceptive student of character and situation.

This is precisely the kind of novel that makes one anti-social. If you find it today, sprint home, throw away your cellphone, bolt the front door and don't worry too much if you are not up in time for church tomorrow. There is more than enough cause for spiritual reawakening in this novel, as you contemplate the rituals of modern worship and the ancient function of prayer.

Ndibe's prose is loaded with belly-filling humour of the roll-on-the-floor-with-screaming-laughter variety. Given the kind of fury that the spectacle of religious hypocrisy can incite, this humour is a clever way for Ndibe to throw down the gauntlet and call an end to the farce enacted by the charlatans who are choking the faith industry in Africa and beyond.

Are we capable of ridding ourselves of religious hypocrisy? Can we change the economic conditions that make us so susceptible to charlatans? Are there any real and selfless propagators of religious faith? Why have they abandoned the faithful to the impostors? *Foreign Gods Inc.* leaves one with many lingering questions.

Dr Nyairo is the author of *Kenya@50: Trends, identities and the Politics of Belonging*, jnyairo@gmail.com

Of 'xilly' professors and people in love with tin-pot gods

BY EVAN MWANGI
evanmwangi@gmail.com

An apparently young Kenyan sent an SMS to my brand new phone number last week to tell me that I'm very "uxiless" (useless) and quite "xilly" (silly).

Most likely writing from within a prison (I hadn't shared that number with anybody yet), the young fellow may have had a point. A man who runs away from his own cellphone number instead of confronting head-on the problem it is bringing him is far worse than "uxiless".

But sometimes it's good to run away from trouble if you can. The problems facing us are enormous, and only a fool or a member of the privileged classes can afford to preach optimism to us or to recommend hopeful slogans and speeches as a solution to our suffering.

Kenya realised in the 1970s that it had only achieved flag independence in 1963. There were no substantive changes from the colonial condition. This is the prevailing state of affairs and nothing is likely to change soon.

A few writers tried to capture this condition in urban novels that depicted the rot eating at the vitals of the society.

The prostitute was a recurrent figure in these works that sought to demonstrate how the motherland had lost its innocence at the hands of our neo-colonial leaders. The nation was figuratively being raped and prostituted by its corrupt and inept ruling elites.

Characters like Charles Mangua's Dodge Kiunyu in *Son of a Woman* delude themselves that they are solving their problem by resorting to alcoholism and wanton sex.

To be fair to our writers, over-sexed black men such as Dodge Kiunyu are not confined to the Kenyan urban novels of disillusionment and escapism. As Faith Smith has argued, in literature from formerly colonised regions, the representation of virile native males offers "the opportunity both for vengeance and for the assertion of an anti-colonial masculinity that was under threat of emasculation by the coloniser's violation."

This is a figure found in most post-colonial literature across the globe. In Raphael Confiant's Goncourt Prize-winning *Eau de Café* (1991), we encounter a guy with an exaggeratedly long penis, "perhaps two meters, maybe more, which he wrapped around his waist with infinite care."

Confiant's narrator finds this character's humongous

organ "impressive" and describes excitedly the pleasure with which white women receive the thing's discharges of a "volley of jouissance the colour of sugarcane."

In such Caribbean novels by Confiant and Patrick Chamoiseau, the over-sexed black male is a "coqueur", virile man fighting to liberate his nation with every weapon he has, including his genitals. The receivers of his sexual vengeance are members of the colonial class.

But the Kenyan urban male in our novels is a pitifully emasculated individual, who expends his destructive libido on equally marginalised African women, whom he reduces to sexual objects.

Royal ambitions

Kenya's serious writers do not believe that you can liberate a nation using your privates, whether big or small. In 1986, Ngugi wa Thiong'o revised his international edition of *A Grain of Wheat* to expunge scenes in which Koinandu (renamed Koina seemingly to reduce the sexual connotations of the original name in Kikuyu) rapes a white woman and keeps fantasizing about having sex with the Queen.

Ironically, the young people in Kenya who have approached me for a book to read seem to prefer the popular novels of urban crime and sex to the more serious ones by Ngugi wa Thiong'o and Grace Ogot. Kiriamiti's *My Life in Crime* tops the list.

Recently, I was surprised to see a young man holding a yellowish book that turned out to be the East African Educational Publishers edition of Chinua Achebe's *Things Fall Apart*.

The young man was reading it the way he should: not as a chronicle of the Igbo past, but as a commentary on our present situation. "Things have fallen apart in Kenya," he told me. "We should no longer be at ease."

He didn't tell me his name, but I guessed where he was ideologically coming from when he started talking about the ethnic group in power. His grouse with the current government seems to be because its stalwarts are not from his tribe.

We have been brain-washed to believe that elites from our ethnic communities serve the interests of our tribes; we'll do anything to help them retain power, which they use to oppress and exploit us as they do everyone else across the ethnic board. If they protect interests other

CONTINUED ON PAGE 35

REFLECTIONS OF A SCHOLAR | Latin is not dead, it remains alive and well morphed

Why doctors write in Latin and other tales

Around here, anyone who achieves significant success, especially in the arts, is invariably labelled *Illuminati*, a Latin term that originally meant people who wanted to be enlightened through study and research

BY AUSTIN BUKENYA
satnation@ke.nationmedia.com

I was 13 when I started learning Latin. It was an expected subject of study in an English-style public school.

So we delved into the mysteries of why camera, *hasta* (spear) and honour were of the “feminine” gender, while *amor*, *amicus* (friend) and *spiritus* were “masculine”. Then, *nomen* (name), *iter* (journey) and *silentium* were neuter in gender. Imagine three genders in the noun classes alone!

I did not translate most of the words, because you can easily recognize them from English. Did you know that, at least, 60 percent of English words come from Latin? That in itself would make it reasonable to try and have an inkling of that root language.

But it was not easy. While we eventually got to understand that the three genders were not physical but “grammatical”, we had to struggle to further grasp the idea that each noun changes form, practically becoming a new word, according to what it does in a sentence.

When it came to the verbs and their “conjugations”, it was sheer “chaos”, as our dear departed Francis Imbuga loved to put it. But we became comfortable with the *lingua latina*, and we would airily hail one another, *Quomodo vales*, *Augustine* (how are you), with the

blithe answer, *Optime, frater, gratias* (very fine, brother, thanks).

Mwalimu has already taught you a lot of Latin. Maybe you can learn to throw in a few proverbial phrases, like, *Ex Africa, semper aliquid novi* (out of Africa, always something new). This, incidentally, is the source of the title of Karen Blixen’s novel, *Out of Africa*.

Incidentally, let no ignoramus deceive you that Latin is a “dead language”. Latin has been changing over the centuries. But it has never died, and it is not likely to do so anytime soon.

Just to give you a sample, Italian, French, Spanish and Jose Mourinho’s Portuguese are all Latin languages. Classical Latin, too, is still an official language of some powerful institutions.

“

It appears though, that in law, the latinism are intended to impart an air of gravitas (seriousness) and the authority of tradition ”

So, next time you hear that “dead language” nonsense, just tell the purveyor, “What a pity about all those people, on a whole continent, who speak a dead language!” Latin America stretches all the way from Mexico to Chile and Argentina.

Incidentally, Spanish, a Latin language, is the second most-widely spoken language in the United States. It is not Luo, despite Omera Obama and all that!

But what got me particularly thinking of Latin and its significance is the curious spate of current suspicions and even conspiracy theories around Latin words. In Uganda, anyone who achieves significant success, especially in the arts, is invariably labelled *illuminati*.

Now, *illuminati* simply means those

who are enlightened. It comes from the Latin word *lumen*, meaning light. It would be ironical if the “light” was to be associated with evil and satanic forces, “which can give people a lot of money and power”, as many of my ignorant countrymen believe.

We should not gloss over matters. Evil exists and there are people who subscribe to it. The Oxonian (Oxford) literary and theological scholar C. S. Lewis, author of the *Screwtape Letters*, once said that one of the devil’s most subtle tricks is to persuade people that he, the devil, does not exist. Then, as they lull in their false comfort, he comes and snaps them up.

Moreover, it is common knowledge that perfectly good labels and respectable structures, can be hijacked by evil people for their own purposes. It is no secret, for example, that the term “church” has been applied to setups which are the exact opposite of the concept as we know it.

So it may be with the *illuminati* and other such labels. Originally, the term literally meant people who wanted to be enlightened through study and research. But some of these people were forced into private or “secret” communities, especially during the Renaissance, because of state and church persecution.

While knowledge and science were advancing, the “official” organs, the church and the feudal states, insisted on limiting and controlling the scholars. You could only utter and publish what they sanctioned, and woe betides you if you dared to challenge their antiquated views.

This tendency of the powers-that-be to repress, persecute and sometimes even eliminate dissidents has not gone away. Repressive regimes loathe thinkers, scholars and creators. Ask Ngugi wa Thiong’o.

Do you know that even doctors, especially anatomists, had at one time to operate underground? It may even be one of the reasons why most of their



vocabulary is in

Latin, to hide from the vulgar and ignorant rulers of the time. But of course the main reason is that Latin was the universal language of learning when all the great universities arose.

This also appears in Law, where a huge percentage of formal and official vocabulary is Latin-derived. Who has not heard of *bona fide*, *ab initio* or *nemo dat quod non habet*?

It appears, though, that in Law, the latinisms are also intended to impart an air of *gravitas* (seriousness) and the authority of tradition.

Finally, do you remember a recent high profile job vetting where some panellists queried the candidate’s affiliation to Opus Dei (work of God)? There were murmurs about the possibility of that, too, being a “secret” and possibly a dangerous society.

I do not blame them, especially after the nauseatingly fallacious narrative of Dan Brown’s *The Da Vinci Code*. Fortunately for Kenyans, the organisation is widely well-known, even at the highest levels of our leadership, as the *Nation* pointed out.

How can an organisation be run-

ning a huge university campus in Nairobi and schools and colleges in Muthangari and Kianda without anyone questioning its credentials?

But, as it happens, generations of our current decision-makers have been reading and studying the late Dr. Margaret Ogolla’s *The River and the Source*. Ogolla, a Kianda insider, anticipated Dan Brown’s outrage with a level-headed “exposure” of Opus Dei as a club of do-gooders who are not likely to harm anyone, let alone themselves, as Brown’s Brother George does.

Who says that Literature does not educate?

Prof Bukenya is a scholar of English and literature. abubwase@yahoo.com; aubul.44kitu@gmail.com

OUTSIDER LOOKING IN | Musings of a Wanderer

Lost in pronunciation: Lessons learnt in a convent boarding school

BY ZUKISWA WANNER

For my secondary education in Zimbabwe, I was at a Dominican boarding school. The school, founded in the 60s, was 25 kilometres out of Harare and was supposed to be the black girl equivalent of another Dominican Convent that was in Harare central business district.

After independence in 1980, many upwardly mobile black parents placed their children in the formerly white schools. My Dominican Convent had children of lower middle class folks who stayed in high density areas of the cities known colloquially as ‘rukisheni’ (from the word ‘location’). But Santa, as my alma mater is nicknamed, had consistently good results that the year I started high school, the intake had more children from the suburbs than from the locations.

This changed the dynamics of the school and how people spoke. One

of the students from the locations named Jill, in an attempt to fit in, would strain the English language and speak with a deeper twang than Kwabena, the Ghanaian boy from our brother school who was born in Germany, grew up in the US and had only come to Zimbabwe that year.

We were expected to take off our jerseys before going to our Home Economics class as our teacher feared that our jerseys may catch fire from the gas stoves. In the second week of school our Jill confidently yelled out, “gales (girls), before you go to Food and Nutrition, don’t forget to take off your jeyseys.” The rest of the class imitated Jill for a long time after that such that it took me a few years after high school to remember how to pronounce jersey.

Another time, we all had to write a poem for English class and recite it. Jill wrote a poem which she entitled *Hair*. Except she pronounced

it ‘herr.’ The poem went something like, “Herr. Some people hayve long herr like Rapunzel. Others hayve short herr. And still others hayve no herr.” My classmates were heartless and before the day ended, our school of 400 students had heard about Jill and her poem.

For the next week, the more cruel of our seniors invited her to their classes before prep so that she could recite her poem. She would innocently recite her poem, little aware that everyone was laughing at her.

I thought of Jill this last weekend when my brother-in-law and his family came visiting. In an attempt to impress, I had made what I thought was a decent avocado salad.

“Try the salad,” I said to them. The only one who would try it was his wife. They explained to me that in their family, neither the husband nor the two sons liked avocados. Fortunately my family likes avocado so the salad

did not go to waste. But the talk of fruit got the two brothers reminiscing about growing up.

“Do you know what fruit I really liked?” my 30-something year old brother asked rhetorically. “I really liked lugwads. Jaymo, remember the lugwad tree that was at home?”

Fortunately for me Jaymo saw my confusion so he asked his brother, “err bro, you know that fruit is not called lugwad, right?”

“What do you mean it’s not called lugwad?” It was the brother’s turn to look confused.

“Yes, what do you mean it’s not called lugwad?” his wife asked.

“Ok so if it’s called lugwad how do you spell it?”

They did not spell it. I guessed they had never needed to spell it.

“Ok, so what is it called?” at this point in time even I wanted to know the name of this strange fruit being referred to as lugwad.

Turns out the fruit that my brother, his wife, and a bunch of people who grew up in Nairobi were brought up believing is a lugwad is what I and the rest of the fruit-eating world know as LOQUAT. An update on social media has since told me that this fruit is called by different things in different places in this country, but never the actual word. A writer friend from Rift Valley tells me he has always known the fruit as kiplikwas, while another writer friend from Nyanza says they called it lugu. At the time of submitting my column, I was yet to hear what this fruit is called in Coast, North Eastern and Western. I hope some of you will enlighten me.

Meanwhile, I wonder whether Jill’s children know how to pronounce ‘jersey’ and ‘hair’.

Zukiswa Wanner is a South African author living in Kenya. wanner.zukiswa@gmail.com

Readers corner

Literary Discourse

So you want
to be a writer?
Conference offers
useful tips

BY FRANCIS ODIPO
francisodipo@yahoo.com

What are the features of a publishable manuscript? Which publisher specialises in which area of publishing? Where does one find this publisher then? Should one go for an established publisher or go directly into self-publishing? What is the difference between a publisher and a street printer?

For many aspiring and sometimes established writers, these questions constantly assail their thoughts and sometimes discourage them from their writing pursuits.

They no longer need to worry as these and more questions are set to be answered for them at the inaugural National Writers' Conference to be held on August 20 and 21 at Highridge Girls' School in Parklands, Nairobi.

Participants in the two-day conference are required to bring samples of their writing in idea, manuscript or published forms that they can share with the experts and their peers in panel discussions.

This is godsent for anyone who has tried their hand at writing and hopes to one day get their work published. It all begins with the writer conceiving an idea which is then given an acceptable mental shape before being committed on paper.

Taking centre stage are pointers on what constitutes a publishable manuscript, its journey from inception of the idea to becoming a written piece that is then submitted to prospective publishers. The choice of self publishing vis a vis going with mainstream publisher at the risk of rejection is one of the engaging topics they will get a chance to explore with experts assisting them make informed decisions.

Writers will get tips on how to proceed from conception of their thoughts birthed from an experience, observation or even a dream to the packaging of the idea in a language that speaks to the target audience and the marketing of the finished product.

Among the experts headlining the event are accomplished writers and publishers whose insights will go a long way into guiding writers to package and deliver content that can be published in their preferred platform.

Prof. Monica Mweseli of the Department of Literature, University of Nairobi, who is also an accomplished writer and Mrs Mary Khasiani the Publishing Manager at the Kenya Literature Bureau will present papers.

This conference is a prelude to the Writers' Academy aimed at nurturing fledgling writers across different genres. The academy will take in all ages: from school-going children to the more mature writers.

To qualify for admission, aspiring writers need to demonstrate their interest and efforts in a specific direction while proof of having been published is an added advantage.

For more details, those interested can [contact the writer at his address.](#)

The writer is an author, motivation speaker, facilitator in national workshops, seminars and drama festivals.

Universities should equip freshers with skills for life

BY JOHN WAWERU

In the next few weeks, qualified students expect to report to their respective institutions of higher learning. This is a dream come true for those whose choice of university matched with their selection and placement in the respective institutions. For the rest, this marks a new chapter full of new challenges.

Their expectations as they report to the respective campuses is informed by a range of diverse experiences unique to individuals. Their options are limited, and only their resourcefulness will enable them navigate this exciting chapter of the rest of their lives.

They are to come up with simple and complex solutions that will facilitate their success in their studies and prepare them for the job market.

In the recent past this has not been the case. Graduates have been handed a harsh verdict calling them half-baked and ill-prepared to face the harsh realities of a demanding job environment regardless of the huge investment in educating them.

It is only fair this hefty cost should result in a significant change of the beneficiaries of the system. It should transform them in a productive workforce that will benefit the nation as a whole.

This should be a rallying call to all stakeholders who should focus



First year students go through registration at Dedan Kimathi University in Nyeri County. PHOTO | File

their attention on manufacturing "products" relevant to the needs of the market.

For far too long, fresher's intake has been viewed as just another batch to be moved along the academic conveyor belt. It is true that the routine in the academic work is challenging and mundane and doesn't count as a re-invention of the wheel.

However, it is naive to be dismissive

of the expectations of a generation that reckons its future will be shaped in the class room it now has to endure. Educators need to appreciate the fact that there is more than preparing students to become employees.

Their aspirations and concerns should focus on a holistic approach that provides students with the necessary experience, competence and mentorship support programmes among other relevant approaches that equip students to realise and maximise their individual and collective potential.

We should focus on an equation that ensures students are equipped to think independently to prepare them to solve the challenges that are unique to their generation.

Faculty should presume that it has to nurture a constructive ideology that can find relevance in the society especially in this final leg of the education cycle.

Learners too, need to find their voice through the general conversation that should revolve around creativity and innovation.

The scholarly toil if given meaning in the right context will ultimately yield to the objectives of human endeavour of prosperity and the alleviation of our communal suffering.

The writer teaches at the College of Biological and Physical Sciences at the University of Nairobi.

We need another hero, Makmende alone is not enough to rescue the country

CONTINUED FROM PAGE 33

than their own, it would be those of poachers, drug lords, and sex-traffickers within their families or among their close friends.

Make my day

Regardless of one's ethnicity, unemployment among the young people is at an all-time high in Kenya; all young people can do is just sit and chew kaji (their word for miraa/khat). Those asking me to be optimistic in these circumstances are just suffering our "make my day" (makmende) optimism. The American movie from which the expression "makmende" entered our popular vocabulary, Clint Eastwood's *Sudden Impact* (1983), is all about revenge and hitting your enemies where it hurts most.

Gang raped together with her sister, Jennifer Spenser (Sondra Locke) in the movie is out to teach the rapists a lesson they won't forget even in hell. Every time she aims her gun to shoot her past attackers, the first place she hits is their genitals.

She has fighting on her side a San Francisco cop called Harry Callahan (aka "Dirty Harry"). When twice in the movie two different punks pull their guns on him, Harry urges each on, saying "Go ahead, make my day... Come on, make my day," before promoting them to glory.

We appropriated the phrase "make my day" (makmende) to describe the kind of superhero who would save a bad situation at great odds.

But can the Kenyan youth make my day today by hitting the suckers who rule us where it hurts. I don't think so. Everything has been destroyed. Tribalism has been injected in our bloodstream. People tend to see youth as a symbol of innocence and hope. All I see in this group of people is hedonism and self-destruction wearing long-eared Supra shoes and Ray Ban fashion sunglasses as if all is cool down here.

Instead of educating their age-mates, young intellectuals in our universities spend all day on campus scratching their genitals. They can't even come here and debate with those of us who have lost hope and show me one reason I should be optimistic about anything. Where are the revolutionaries of this latter generation?

Maybe young people have witnessed the poverty in which Kenyan liberators die or get absorbed into the current conservative cadres and decided that there is no point fighting any more.

Even the next time our tribal leaders ask us to slaughter one another it is the youth that will do the dirty work. To be sure, in the pictures of post-election violence, I don't see an old man like me fighting another with his walking cane. I only see youths

brandishing machetes.

Sincerely worried about my growing pessimism, Mike, a young professor invited me for coffee at the famous TRM. I decided to eat a Greek salad as well, and it was good.

Mike wanted me to think of an "alternative narrative", other than that of tribe, which has secured corrupt miscreants in power since the 1960s.

He agreed with me that we don't have a genuine opposition in Kenya. Politicians outside government are part of the establishment, serving as speed governors against an authentically national youth-led revolution by projecting themselves as fighting for us, so that we don't see the need to rise up and fight on our own behalf.

Songs by Kenyan youths have tried to offer solutions to our predicament, including the need to 'sukuma' (push harder) when problems seem insurmountable. But why should I "sukuma"? I'd prefer they tell us to get rid of the stumbling blocks making life hard: our current crop of leaders.

The only solution is that we should stop being "xilly", embrace a Kenya beyond narrow tribal interests (interests from which we don't benefit, anyway). But how can you convince "xilly" people that, people who seem to love suffering at the hands of their tribal tin-gods as our idols in government and opposition continue to get richer and richer?

Secondary
school levels
serve no use

BY ASERI DICKSON

Public schools are now categorised as being either Extra County, county or sub county schools. Students who join these schools are graded differently from their counterparts in other categories. So, does this categorisation serve any purpose? And why is it only done at the secondary level of education?

In my opinion, this is harmful as it creates a halo-effect that reduces the learners' abilities to that of their school. For example, a student in a sub county school will not believe in his ability to score a quality grade like a student in a national school. On the other hand, there are schools that are categorized as county schools yet they perform better than national schools.

Similarly, some teachers may suffer inferiority complex depending on their school level. A teacher in a national school may have more money than an equally qualified peer at another level.

There is need to level the playing ground for quality's sake. Why not have all schools at the same level, because after all is said and done, students at all levels will sit the same examination.

The writer teaches at Mukumu Girls High School, Kakamega

Who is to
blame for
the demise
of literature?

BY GRIFFIN LUKE AWINO

Scholars and contributors to this magazine have no kind words for literature teachers in the country.

This has got me asking who we are to blame for the sleep-inducing lectures that pass for literature classes and the attendant dismal performance in the subject.

As we try to apportion blame, it is ridiculous and unfair to blame the whole profession based on the conduct of a few with their lack of mastery of the content.

Where then was the student? Many students do not pay as much attention to the subject as they do others, hence their lacklustre performance in literature.

We need to cease the attacks on teachers and instead, launch an inquiry to investigate the cause of literature's downfall in our schools with a view to rectifying the situation.

The writer lives in Mombasa

To contribute to this page, please send your comments to satnation@ke.nationmedia.com or write to The Editor, Saturday Nation, POB 49010, Nairobi 00100.

MUSIC REVIEW | Show-stopping costumes ensure dancers stand out and sound right



Kagan Kochia give life to traditional Luo rhythms

Established in 1965, Kagan Kochia dancers from Homa Bay County are seeking to soar high in entertainment circles as they preserve age-old moves

BY BARACK ODUOR
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Their greatest claim to fame is their distinctive regalia and their vibrant moves both of which have earned Kagan Kochia national and international acclaim. The group of dancers has its origins in Rangwe Sub-County in Homa Bay County. Specialising in traditional Luo dance, the group which is headed by Alfred Migure. They are best known for their show-stopping performances in national celebrations of public holidays and even private occasions.

Migure, who also serves as the lead choreographer, outlines the difficult task of selecting the best dancers out of the troupe whenever the team is called upon to perform in various events because theirs is what he terms as a “house of talent”.

“We have many talented dancers, choosing the ones to represent us in key events sometimes becomes a headache as every dancer doesn’t want to miss an event,” says Migure.

According to Paul Orwa Apiyo, the group’s lead dancer, their crowning glory was their presentation in Britain. The event that took place last year is a milestone they have yet eclipsed.

“Last year we got an opportunity to perform in Folklife Festival in Britain and it was one of our successful moments in our dancing career,” he says.

In addition to national celebrations, Kagan Kochia also receives invitations to showcase their vigorous moves in private and corporate events at home and abroad.

“Apart from performing in weddings, diplomatic functions and celebration for Kenya’s national holidays, the group



Decked out in costumes made from various animals, the Kagan Kochia dance troupe is all dressed up and ready to go wherever the music takes them.



has had opportunities to tour UK and America,” Orwa told *Weekend*.

In 2012, the dancing group toured Washington in America while last year they visited London in UK courtesy of the Homa Bay County Government’s Department of Culture, Sports and Tourism.

Everywhere they go, their regalia becomes an attention-grabber especially their inimitable headdress made from ostrich feathers. There is also the fly-whisk and the fur of a columbus monkey that puffs out for effect.

The group performs in ankle shakers, known as “gara” which cause a frenzied rhythmic jangling that accompanies their dance moves flawlessly. Migure says that these are the “salt of the dance”, an essential element that gives their dance its flavour and flourish.

The traditional dancing group has witnessed varied challenges ranging from breakups, financial challenges to lack of sponsorship. Their dream now is to perform for the President.

BARACK ODUOR, Freelance Writer, Homa Bay County

Kagan Kochia Dancers entertain the public at a past function. Migure (left) is the group’s leader.

BARACK ODUOR | NATION

WEEK’S PICK

TODAY FERRAGOSTO IN MALINDI

Revellers in Malindi will today have the chance to celebrate Ferragosto the Kenyan Italian way at the Casino Malindi. There will be live music by Gigi and the Bundugo Band. Show starts at 8.30pm

HASSAN AT CLUB SEVENS

Club Sevens and Lounge at Tembo House, Moi Avenue, Nairobi CBD hosts an epic Saturday night party tonight featuring **DJ Hassan**. The party features great live music, fantastic offers on selected drinks and awesome party experience.

FUNDAMENTALS NIGHT IN NAIROBI

Popular Ukambani Benga musician **Ken Wamaria** (pictured) will tonight be the highlight during a Benga extravaganza dubbed ‘Fundamentals Night’ to be held at the New Mukaro Garden Club in Nairobi’s Riruta Satellite. Show starts at 7pm.



FANAKA ARTS THEATRE

Fanaka Arts Theatre are back with the August edition of the adults-only Gikuyu comedy, Ruga Njite from today to tomorrow at the Alliance Francaise in Nairobi. The play features **Mundu Particular, Njomo Nyathira, Tash Mitambo** among others

INTERNATIONAL FASHION SHOW

The 2nd International Exhibition For Fashion and Ready to Wear Industry is on until tomorrow at the Kenyatta International Convention Centre in Nairobi..

SATURDAY NIGHTS LIVE

The Sheba Lounge at the City Mall, Nyali in Mombasa hosts Saturday Nights Live shows every Saturday featuring the resident DJs. Shows start at 4pm until dawn.

MOMBASA CULTURAL FESTIVAL

The Mombasa International Cultural Festival is on at the Mama Ngina Drive in Mombasa until August 23. It is aimed at informing, educating and showcasing the diverse culture in Mombasa county. Exhibitions start daily from 10am.

PAPA LEFTY TRIBUTE



A special concert to mark the 20th anniversary since the death of the reggae King Lion Sounds founder **Papa Lefty** (pictured) will be held today at the Monte Carlo Club in Nairobi. The show featuring **Papa**

Chally and **Kings Tubbs** starts at 2pm until dawn. Tomorrow there will be a street bash at North View Road in Pangani.

LINET PAMBA SHOWS

Benga songbird **Linnet Atieno Pamba** and her Karapul Jazz will this evening perform the Cosmos Car Wash on Kibos Road also in Kisumu. Every Friday they perform at the Makuti Ofafa Club on the Kisumu-Kakamega Highway.

GOFIT FITNESS DISCO

The Tafari Castle and Country Lodge in Nyeri will today and tomorrow host a Fitness Disco and Barbecue. It will be two days and one night of fitness disco, barbecue and fun activities from 10am daily.

BRAZUCA SATURDAY NIGHT FEVER

The Brazuca Sports Pub and Restaurant at Total Station, Kisimani in Mombasa will this evening host the Saturday Nite Fever. It will feature live video mixes with **DJ Frank Faymoh** and hosted by DJ Job. Show starts from 6pm till dawn

POOL PARTY AT SAROVA WHITESANDS

The Sarova Whitesands Beach Resort & Spa in Mombasa will today host a pool party. Event to start at 2pm will feature food and drinks at the Lower Lido Pool.

AUGUST 25 AN EVENING OF AFRO JAZZ

Alliance Francaise in Nairobi hosts an Evening of Afro Jazz - Legends Edition show on August 25. It will be hosted by **Ricky na Marafiki Band** featuring **Eric Wainaina**.
angaira@ke.nationmedia.com

WORLD



WW1 ANNIVERSARY

Don't blame present and future Japanese generations for past atrocities, PM Abe says **Page 40**

Banyamulenge want justice for 2004 Burundi massacre victims

BY VENESSA NYASIO
BUJUMBURA, Friday

Survivors of Gatumba killings have asked the United Nations to apprehend and try perpetrators.

Mr Richard Semariza, a member of the Banyamulenge community, said the United Nations High Commissioner

for Refugees was taking long to arrest the culprits.

"It has been 11 years and no one has made an effort to arrest the killers. The UNHCR is supposed to champion for our rights but it has gone quiet," he said.

Speaking at the annual commemoration of the 2004 Gatumba massacre, the Banyamulenge said their

compatriots' deaths had been forgotten. They said the UNHCR had a responsibility to report the guilty parties to the International Criminal Court.

Many Banyamulenge fled to Burundi from the Democratic Republic of Congo and settled in a UNHCR camp.

The attack at the camp in Burundi claimed 166 lives

and left 116 civilians seriously injured.

According to survivors, the attack was one of the many attempts made by the Congolese Hutu members to finish their people.

They said Burundi rebel leader Agathon Rwasa was behind the massacre. Mr Rwasa went into hiding and resurfaced in 2010.

Conflict erupted in 1993 when the first democratically elected president, Melchior Ndadaye, was assassinated three months after taking office.

"Before fleeing from the DRC, there were many places we were not allowed to go," Mr Jacques Gakungu, the chairman of the Congolese Banyamulenge said.

BRIEFLY

TRIPOLI

Fighting in Libya leaves dozens dead

Fighting between Islamic State group jihadists and rival gunmen in Libya's coastal city of Sirte has left dozens dead and wounded this week, a local official said on Friday. The clashes erupted on Tuesday as authorities in the militia-held capital Tripoli, opposed to the internationally recognised government, announced the launch of an operation to retake Sirte from IS. (AFP)

BANGUI

Ban appoints new CAR force boss



UN Secretary General Ban Ki-moon (above) has appointed Parfait Onanga-Anyanga of Gabon to replace the ousted chief of the peacekeeping force in Central African Republic. Mr Ban informed Security Council members of his choice to replace Babacar Gaye of Senegal during a closed-door meeting called to discuss his decision. (AFP)

HANOI

Mozambique ivory seized in Vietnam

Vietnamese police have seized more than 700 kilograms of rhino horns and elephant tusks believed to have originated from Mozambique, state media has said. The haul of prized animal parts was discovered hidden in two containers on board a ship carrying ground stones at the central port of Da Nang on Thursday, *Tuoi Tre* newspaper said. (AFP)

STOCKHOLM

Ethiopian stowaway discovered at airport

An Ethiopian asylum seeker who stowed away aboard a flight from Addis Ababa to Sweden was found safe and sound on Friday in the plane's hold at Stockholm airport. "The baggage handlers discovered him and alerted us this morning. We were afraid he was suffering from hypothermia... but he was doing fine," police spokesman Stefan Fardigs said. (AFP)

DETERMINATION | By any means necessary



An African migrant climbs over a fence in Coquelles, near Calais northern France, to get to the railway tracks that head to the Eurotunnel terminal on Thursday. Some 3,000 migrants and refugees, including many fleeing war and persecution in Syria, Libya and Eritrea, are camped out in a makeshift tent village in Calais.

PHOTO | AFP

A FIRST | Number of African smokers growing by the day

Praises and curses as Ethiopian officials enforce smoking ban

Town authorities hope Mekelle will be an example to other African cities

MEKELLE, Friday

The bars and cafes are full and lively in the northern Ethiopian town of Mekelle — but they are no longer smoke-filled, with the strict implementation of a smoking ban in public places.

"It's a good thing," said Hiriti, the owner of a small bar in a busy street. "Of course, some customers are not happy, but it also depends on the way you tell them not to smoke."

"I tell them it is not only about the law. It is also about your health," he said. "They react better if you tell them that way."

Mekelle is bucking the trend in Africa where tobacco use is increasing, driven by companies that see a growing market on the continent amid a tightening of smoking laws elsewhere.

Tobacco consumption in Africa — excluding South Africa — increased by almost 70 per cent between 1990 and 2010, according to a study by the American Cancer Society.

The number of African smokers could grow by 40 per cent by 2030, the study predicted.

Ethiopia is not the first country to impose a ban, but is one of the few to act on the law.

Kenya's capital Nairobi has designated smoking cabins, with smoking on the street illegal, although the rule is widely flouted.

Several African countries have a complete ban on smoking in public — most recently, Uganda passed a law banning smoking within 50 metres of any public place — according to the World Health Organisation, but such laws are rarely implemented.

Nearly 80 per cent of the more than one billion smokers worldwide live in low and middle-income countries, "where the burden of tobacco-related illness and death is heaviest", according to WHO, which estimates that 600,000 people die worldwide every year from the effects of second-hand smoke.

TOUGH TASK

Miraa on the list of future targets

Khat: After tobacco, Mekelle authorities are also aiming at stamping out khat, a leafy green herb that is mildly narcotic when chewed. In Kenya, it is known as 'miraa'.

Rising: Khat consumption is rising and the government wants to do something.

Not easy: However, this will be a tough task. The subject is sensitive as chewing khat plays an important role in customs of many ethnic communities in the north and Somali dominated provinces.

In Ethiopia, parliament passed a law banning smoking in public places in 2014 and Mekelle is the first city to implement it.

The town of about 200,000 people

is the state capital of the far northern Tigray region.

Since January, smoking has been banned in cafes, restaurants, schools and hospitals, as well as cultural, sports and religious centres.

Those who break the ban face a fine of 1,000 Ethiopian birr (Sh50,000), a fortune in Ethiopia where salaries rarely exceed \$100 (Sh10,000) a month.

"We hardly see more smokers. People stopped," said Teklay Weldemariam, the head of the city's health department and one of the architects of the law.

"The rate of contracting non-communicable diseases is increasing. Cancer is one of them. So it is high time to ban cigarettes in public areas."

He hopes Mekelle will be an example to others.

"I know other Ethiopian towns are interested in the experience of Mekelle. This will definitely inspire other cities in East African and the continent," he said.

Some grumble at the ban, frustrated at the restrictions, but others say the law is necessary.

EU SPEAKS | European Union says democracy is threatened

Guinea Bissau in serious crisis as president sacks prime minister

Coup-prone country in a crisis following misunderstanding between two leaders of the ruling party

BISSAU, Friday

The troubled west African nation of Guinea-Bissau has been plunged into fresh political turmoil after the president sacked the government.

President Jose Mario Vaz said there was a crisis in relations with the prime minister that was undermining the functioning of government.

"The government headed by Prime Minister Domingos Simoes Pereira has been dissolved," a presidential decree said bluntly on Thursday evening.

Despite concerns about the potential fallout from the crisis, life on Bissau streets carried on as usual, with no extra deployment of security forces.

The army, quick to intervene in past political disputes in the coup-prone former Portuguese colony, remained in the barracks.

The 16-member government took office in July 2014, two months after Mr Vaz became Guinea-Bissau's first elected civilian leader since the army mutinied in 2012.

Mr Vaz and Mr Pereira are members of the African Party for the Independence of Guinea and Cape Verde which fought for independence from Portugal, won in 1974.

The party, which has a slender majority in the national assembly with 57 MPs out of 102, was expected to meet at executive level to consider naming a new prime minister, according to sources in the PAIGC, which is led



FILE | AFP

A street campaign before elections. (Inset) President Jose Mario Vaz.

posts, a cabinet reshuffle would not solve the crisis of confidence in the state leadership," he added.

The president said his dispute with Mr Pereira arose from a number of issues, including the appointment of a new armed forces chief, a post of key influence in the small nation ill-famed as a hub in drug trafficking between South America and Europe.

In March 2009, political veteran Joao Bernardo "Nino" Vieira, who had led the country on and off since 1980, was assassinated by soldiers in apparent revenge for the killing of the then army chief.

"For two weeks, we have been in a state of alert, but confined to barracks," a senior military source said.

He said army chief Biague Namtam, who was appointed in September, has "asked us to stay out of the political arena".

1974

The year Guinea Bissau gained independence from Portugal after an armed struggle led by the PAIGC

by Pereira.

"It is public knowledge that there is a crisis undermining the proper working of institutions," Mr Vaz said in a broadcast to the nation.

He said efforts at reconciliation between himself and Mr Pereira had failed.

"Even if all members of the government were dismissed from their

Measles has killed 320 in Congo, says UN

KINSHASA, Friday

A major outbreak of measles has killed almost 320 people and infected more than 20,000 in the southeast of the Democratic Republic of Congo, the United Nations has announced.

"The toll is heavy and worrying: since January 1, 2015, more than 20,000 cases of measles have been registered in Katanga province alone" and almost 320 people have died," the UN Office for the Coordination of Humanitarian Affairs said in a statement.

"Dozens of others may have succumbed to the illness but they don't figure on official records."

The outbreak in mineral-rich Katanga is the worst since 2011, according to Medecins Sans Frontieres, which is on the front line of a vaccination campaign in remote areas.

In 2011, MSF staff immunised about 1.5 million children.

In 2013, 9,400 cases of measles were registered in Katanga. (AFP)

South Sudan walks out of peace talks, citing many divisions among the rebel movement

JUBA, Friday

South Sudan's government has pulled out of the peace talks to end a 20-month civil war after rebel forces split despite international threats of sanctions.

"We suspend the peace talks until the two rebel factions sort out their differences," top government official Louis Lobong said, after meetings with President Salva Kiir.

Tens of thousands of people have been killed in a war marked by widespread atrocities on both sides.

South Sudan's civil war began in December 2013 when Mr Kiir accused his former deputy Riek Machar of planning a coup, setting off a cycle of retaliatory killings that has split the poverty-stricken, landlocked country along ethnic lines.

Regional mediators, backed by United States President Barack Obama during his recent visit to Ethiopia, gave Mr Kiir and Mr Machar until August 17 to stop the bloodletting.

On Tuesday however, top rebel generals said they had split from Mr Machar, accusing him of seeking power for himself, and adding they would not recognise any deal agreed.

66

We suspend the talks until the two rebel factions sort out their differences"

Louis Lobong, governor of Eastern Equatoria state and a government negotiator

Mr Obama has warned Mr Kiir and Mr Machar that if they failed to strike a deal, the US would "move forward with a different plan, and recognise that those leaders are incapable of creating the peace that is required."

Mr Vaz also raised the closure of the border with Guinea over an Ebola outbreak and cited problems of corruption and nepotism, a lack of transparency in public procurement and alleged obstruction of the judiciary.

Last week, Mr Pereira announced that his government would likely be dissolved due to differences of opinion with Mr Vaz.

At a press conference on Thursday, he rejected Mr Vaz's claims against him and said he would use legal means to once again lead the government.

"If the president asks the PAIGC to propose the name of the future prime minister, it will be me," he said.

The European Union said the 2014 elections brought the country on a path of democratic governance and warned that the recent developments put at risk the positive dynamics of reconstruction. (AFP)

Security high as Egyptians mark killings

CAIRO, Friday

Egyptian police bolstered their presence in the capital in anticipation of protests on the second anniversary of the mass killing of Islamist demonstrators.

The Rabaa al-Adawiya killings, when police shot dead at least 700 supporters of ousted Islamist president Mohamed Morsi, has remained a rallying point for the country's opposition.

Officials said police officers would be deployed on main streets and government buildings amid calls for protests to remember the event, one of deadliest of the Arab Spring period.

Two years later, no policemen have faced trial over the incident, but leaders and members of Morsi's Muslim Brotherhood have.

About 10 police were killed during the dispersal, after coming under fire from gunmen in the sprawling camp on a crossroads in eastern Cairo.

But rights groups have said that police used disproportionate force, killing many unarmed protesters in what Human Rights Watch said probably amounted to crimes against humanity. The group called on the UN to launch an inquiry into the killings.

"Washington and Europe have gone to business with a government that celebrates the worst single-day killing of protesters in history," it said. (AFP)

Take action on police now, Zuma told

JOHANNESBURG, Friday

As South Africa gears for the third anniversary of the Marikana massacre of miners on Sunday, Amnesty International has called for police officers implicated in the killings to be suspended.

The shooting of 34 striking miners on August 16, 2012 was the worst violence involving the security forces since the end of apartheid, and shocked South Africa and the world.

Amnesty wants the officers, including the head of the police, Riah Phiyega, suspended.

"Anything less will result in the continued lack of accountability for the unlawful killings by police at Marikana," said a statement.

"Three years on, not a single member of the police has been suspended or held to account."

The rights group urged President Jacob Zuma to take action.

"With police authorities closing ranks in the face of strong findings against them in the Farlam Commission report, it is vital that President Zuma shows strong leadership and takes action against those at the top of the police service," said Mr Deprose Muchena, Amnesty's director for Southern Africa.

The miners were gunned down after the police were deployed to break up a wildcat strike that had turned violent. (AFP)

POLITICS | The two Bush administrations glorified in debates

Republicans war mongering back in poll campaigns

Obama's foreign policy painted as weak by the 2016 hopefuls with a former top official demanding the bombing of Iran

WASHINGTON, Friday

Once thought dead and buried on the battlefields of Iraq, a muscular and militaristic neo-conservative approach to US foreign policy is making a comeback.

For most of the last decade, the neocons — personified by former vice-president Dick Cheney and ex-Pentagon boss Donald Rumsfeld — have been out of office and fashion.

But the 2016 presidential race has seen Republican candidates embrace ideas and advisers once ostracised for the catastrophes of George W Bush's pre-emptive war in Iraq.

During last week's Republican presidential debates, 17 candidates tripped over themselves to declare President Barack Obama weak and to vow a more robust approach to foreign policy.

What Mr Obama aides see as caution, pragmatism and a realism about US power, Republicans painted as a lack of US leadership that had left a power vacuum allowing Russia, Iran, China and jihadist terror groups to

run the show.

"We need a new commander in chief that will stand up to our enemies," said Senator Ted Cruz.

Seeking to sweep aside the anti-war mood that ushered Mr Obama to the White House, Senator Lindsey Graham insisted US troops were needed in Iraq and Syria to fight the IS.

If the rhetoric sounds familiar, so do some of the faces.

Mr Paul Wolfowitz, an early and vociferous champion of invading Iraq as a senior aide to Mr Rumsfeld, has been advising former governor Jeb Bush.

Senator Marco Rubio is aided by Mr Jamie Fly, who worked on president George W Bush's national security team.

In 2012, Mr Fly argued that the US should pursue a policy of regime change in Iran, with a bombing campaign against government targets.

It was always likely that Republican candidates would look to personnel from the two previous Bush administrations for foreign policy experience.

Washington's highly politicised civil service means that for the last seven years, many have been parked at think-tanks and in the private sector waiting to get back into the game.

But Republicans like Lawrence Wilkerson see more reasons for reaching into the past. He believes politics and an unwillingness to accept a decline of US power has led to the embracing of neocon ideas. (AFP)



PHOTO | AFP

Mr Marco Rubio speaks during the prime time Republican presidential primary debate on August 6 at the Quicken Loans Arena in Cleveland, Ohio.

Search for debris to end soon

ST MARIE FRANCE, Friday

Active air and sea searches for fragments of doomed Malaysia Airlines flight MH370 off Reunion island will stop on Monday after just over a week, the local authorities said.

Local official Dominique Sorain said if no objects were found by next Monday "we will move to a phase of heightened surveillance".

"No object has been found in the sea that could belong to an airplane," Mr Sorain told reporters on Friday, adding however that "a certain amount of debris" had been found on land.

“

No object has been found in the sea that could belong to an airplane”

Dominique Sorain

This has been handed over to investigators but there is nothing the size of the Boeing 777 wing part found on Reunion last month that Malaysian authorities have said comes from MH370.

The searches, which began last Friday, have covered nearly 10,000 square kilometres of ocean, Mr Sorain said.

Police have spent 200 hours searching for debris. He gave no indications of the mission's cost.

The tiny Indian Ocean island of Reunion has been in the global media spotlight since the large wing part called a flaperon was discovered on its shores last month. (AFP)

Ocalan isolated as Turkey ceasefire crumbles

ISTANBUL, Friday

With a ceasefire between Turkey and Kurdistan Workers' Party (PKK) militants in tatters, the man who could hold the key to restarting the peace process is sidelined and increasingly isolated on a heavily fortified prison island.

Mr Abdullah Ocalan, the iconic PKK leader, has only the most limited access to the outside world from his top jail on the island of Imrali on the Sea of Marmara, following his sensational arrest by Turkish agents in Kenya in 1999.

Crucially, the Turkish Government has not given permission for a delegation of pro-Kurdish lawmakers to visit him since April, cutting off Mr Ocalan's main means of communication with the outside.

Mr Ocalan, 66, known as "Apo" or uncle to Kurds, was once the nemesis of the Turkish state but in March 2013 announced a PKK ceasefire after months of clandestine talks with Turkey's secret services.

The ceasefire disintegrated in July with Ankara launching a two-pronged "anti-terror" offensive against Islamic State jihadists in Syria and PKK militants in northern Iraq and the southeast of Turkey.

But so far, the air strikes have overwhelmingly concentrated on the Kurdish rebels, who have responded by waging a bloody campaign against security forces.

Mr Idris Baluken, a lawmaker from pro-Kurdish People's Democracy Party (HDP), said reviving the peace talks hinges on bolstering Mr Ocalan's ability to negotiate and communicate with parties concerned.

"It's not possible to talk about a fair negotiation process with the state with all its propaganda tools on one side and Mr Ocalan in total isolation on the other side," said Baluken, who has been part of the HDP delegation that visited Ocalan.

1999

When Mr Abdullah Ocalan, the PKK leader, was captured by Turkish special forces in Nairobi, Kenya

Meetings with Mr Ocalan, which last three hours, take place inside the compound under the watchful eye of three Turkish officials, Mr Baluken said.

Mr Baluken, himself a doctor, said Mr Ocalan has a chronic allergy disorder that needs to be treated by a specialised doctor as opposed to the general practitioner on the island.

"The government says he is okay but how can we know they're not lying? We need to see him," he said.

Mr Ocalan, who has published 15 books since being incarcerated, spends his days reading academic works and books in his two-room, 12-square-metre cell.

He has a radio tuned in to Turkey's state-run TRT station and a television set with 12 mainstream channels.

For five hours a week, he is allowed to mingle and play with the compound's five other inmates.

The European Court of Human Rights last year condemned Turkey over its "inhuman" treatment of Mr Ocalan.

President Recep Tayyip Erdogan responded by saying that "what needs to be done has been done" to improve the living conditions of Mr Ocalan and added: "We would not provide him with a villa."

International Crisis Group Senior Turkey Analyst Nigar Goksel said the lack of communication has weakened Mr Ocalan's influence, with the PKK's military operations run from the distant Qandil mountains in northern Iraq.

"The government has not allowed HDP delegations to visit Mr Ocalan since April. This has weakened his power over the organisation," she said in a briefing note.

Turkey last heard Mr Ocalan's voice in 1999, during his trial when he was sentenced to death in a verdict commuted to life imprisonment in 2002.

"For peace and brotherhood, I am ready to serve the Turkish state," Mr Ocalan said. (AFP)



KENYA FERRY SERVICES LTD

NOTICE ON ADDENDUM

Reference is made to the tender notice publicized on 4th August 2015 through this daily, the company website and the National treasury- IFMIS portal inviting bids for several tenders including the following.

1	KFS/SCCS/01/07/2015	Provision of security and crowd control services
4.	KFS/MHIC/04/07/2015	Provision of marine hull and machinery protection and third party indemnity insurance cover for ferries

Bidders are hereby notified that the company issued addenda to these tenders and all tenderers who have or intend to obtain tender documents are requested to collect the addendum from Kenya Ferry Services procurement office located in Peleleza, Likoni Mainland South or down load the addendum from the company website (www.kenyaferry.co.ke) or the National treasury IFMIS portal.

Procurement and Supplies Manager
FOR: MANAGING DIRECTOR



Kenya VISION 2030



APOLOGY | Abe is grandson of wartime cabinet minister

Japan PM says future generations should not be blamed for atrocities

Korea and China say Abe's speech did not go far enough to address atrocities committed by the Imperial army in Asia

TOKYO, Friday

Japanese Prime Minister Shinzo Abe expressed deep remorse over World War II and said previous national apologies were unshakeable, but emphasised future generations should not have to keep saying sorry.

In a closely watched speech a day ahead of the 70th anniversary of the end of WWII, the nationalist premier appeared to tread a fine line between regret over Japanese wartime aggression while also focusing on what his pacifist country had done since the end of the conflict.

"Japan has repeatedly expressed feelings of deep remorse and heartfelt apology for its actions during the war... we have consistently devoted ourselves to the peace and prosperity of the region since the end of the war," Mr Abe said.

"Such position articulated by the previous cabinets will remain unshakable into the future."

When speaking about China, Mr Abe referred to "unbearable sufferings caused by the Japanese military" and said Tokyo took the wrong course in going to war.

Referring to those who perished in the war, Mr Abe expressed "profound grief and my eternal, sincere condolences". He said this was also for millions of Japanese who died, some from the US atomic bombings.

Mr Abe, a grandson of a war-



PHOTO | AFP

“

We must not let our children, grandchildren and even further generations to come, who have nothing to do with that war be predestined to apologise”

Shinzo Abe, Japanese Prime Minister

Japanese Prime Minister Shinzo Abe gestures at his official residence yesterday as he answers questions following his war anniversary statement that neighbouring nations will scrutinise for signs of sufficient remorse over Tokyo's past militarism.

Korea, Indonesia, the Philippines and Taiwan”.

But Mr Abe — who has been criticised for playing down Japan's war record and trying to expand its present-day military — added that future generations of Japanese should not have to apologise.

"We must not let our children, grandchildren and even further generations to come, who have nothing to do with that war, be predestined to apologise," he said.

China and South Korea had previously made clear they wanted him to stick to explicit prime ministerial apologies.

China says more than 20 mil-

lion of its citizens died as a result of Japan's invasion, occupation and atrocities, while Tokyo colonised the Korean peninsula for 35 years until 1945.

Media reaction in South Korea was negative, with TV analysts noting the general expressions of grief and remorse but no explicit apology for Japan's aggression.

"Abe skips his own apology," ran the headline on the national Yonhap news agency, which said the speech had fallen short of South Korea's expectations.

Seoul said after the speech, Foreign Minister Yun Byung-Se received a call from his Japanese counterpart, Fumio Kishida, to explain the message. (AFP)

Greek MPs finally vote for third bailout

ATHENS, Friday

Greek lawmakers finally voted through the country's third international bailout after a bitter all-night debate, hours before European finance ministers were due to meet to approve the deal.

As Eurogroup ministers gathered in Brussels to rubberstamp the 85-billion-euro (\$95-billion) rescue plan, Greek PM Alexis Tsipras warned that any German bid to palm off his debt-ridden country with a bridging loan rather than a new deal would be a return to a crisis without end.

Mr Tsipras appealed to other EU countries to reject the alternative solution that Germany was suggesting, which he claimed would only prolong the agony.

"It is what certain people have been looking for systematically, and we have a responsibility to avert that, not to facilitate it," he told parliament after a day and night of heated debate on drastic austerity measures that have deeply divided his Syriza party.

Athens needs to unlock bailout funds before a 3.4-billion-euro repayment to the European Central Bank falls due on August 20.

A majority of 222 lawmakers approved the 400-page draft deal with 64 voting against, including 40 from Mr Tsipras' leftist party.

Outspoken former finance minister Yanis Varoufakis and other senior Syriza cadres refused to support the three-year deal, which the premier has previously warned would force him to call early elections.

Mr Tsipras said failure to ratify the deal would enable Germany to push forward its proposal for a bridging loan.

But Berlin, Europe's paymaster, insists it needs further clarifications from Greece before giving the deal the nod.

Mr Tsipras argued there was no choice but to agree. (AFP)

LETTER FROM AMERICA | Randal Smith

Will billionaire Trump fall due to his antics?

That is the question many American friends have been asking ever since the Republican debate took place last week.

Among other things, Trump denigrated a female newscaster by saying her tough questions were prompted by menstruation.

Trump continues to get stronger. The latest polling shows him leading in two early Republican state primaries, Iowa and New Hampshire, and nationwide. If anything, his remarks have made him even more popular.

The billionaire is America's darker angel. His appeal to natural human weaknesses — sexism, nationalism and other "isms" — is not an unusual tactic.

He could easily go on until the nomination. News and entertainment shows love him.

But the show is painful, especially if you're a woman. Women comprise roughly 50 per cent of our population and — the last time that I checked — every American has a mother.

Yet, dismissing women is as old as the American story.

Our second president, John Adams, had a son with his wife, Abigail. In many opinions, Abigail was our brightest and best first lady. She stood strongly against slavery, and offered keen insights to her husband as he negotiated independence.

Their son, John Quincy Adams, was accomplished. He accompanied his father during the revolutionary war to Paris and learned several languages. Harvard educated, he was America's envoy to Russia during the Napoleonic wars and later Secretary of State.

When young Adams was nomi-

nated as America's sixth president, his father received much praise in the press. Little mention was given to Abigail.

But John Adams, the second president, took note and dismissed any credit due to himself.

To the newspapers, John Adams said: "He (Jon Quincy Adams) had a mother!"

In America, every generation seems to forget its past struggles. So immigrant bashing will always get votes, and Trump is playing this to maximum advantage.

Again, the topic is no stranger to America. Late in life, Adams made a fervent appeal to promote freedom of religion, because he was seeing too much bigotry against Jewish immigrants. Adams failed, but his thoughts eventually found common ground.

That's why there's so much irony in the support of entrepreneur Mark Cuban for Trump.

Cuban grew up in a well-to-do Jewish American family. His grandfather changed the family name from Chabenisky to Cuban after landing at Ellis Island from Russia.

Yet, Cuban, who has had a series of business successes and is reportedly worth billions of dollars, told CNN that he likes Trump because he says what is on his mind. Trump is not pre-scrubbed and perfect, Cuban said, adding that he doesn't really care about his political views.

Fasten your seat-belts. Trump will continue as long as he's popular with voters, entrepreneurs and draws high television ratings.

rsmith4825@gmail.com



BUSINESS



LOOKING FURTHER AFIELD
NSE plans to cross-list funds
investors stake in Nigeria and South
Africa. **Page 43**

BANKING | Institution unable to maintain cash ratios are required by law

Dubai Bank sinks under debt and violating regulator rules

Central Bank places institution under receivership in a move aimed at safeguarding the interest of depositors, lenders and wananchi

BY JOSHUA MASINDE
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The Central Bank of Kenya has placed Dubai Bank under receivership after the lender failed to repay money borrowed from other financial institutions to keep it afloat.

Announcing the move, Central Bank said the action was taken "in the interest of its depositors, creditors and members of the public." Kenya Deposit Insurance Corporation (KDIC) was appointed as the receiving manager for a year.

The move leaves the future of the lender in limbo. The bank, whose principal shareholder is Mr Hassan Zubeidi, who doubled up as the bank chairman, has been unable to repay the Bank of Africa Sh48.18 million.

48.18

The amount of money in millions that the bank has been unable to repay Bank of Africa

2,000

The year when the lender was issued with banking permit

CBK said Dubai Bank had violated banking regulations by keeping inadequate capital and was facing imminent collapse.

The regulator said the lender has been experiencing serious liquidity and capital deficiencies which have raised concerns that it may collapse any time. The bank had been issued with a banking licence in April 2000.

CBK further pointed out that it has been in contact with the small lender in a bid to correct the mess but there has been no compliance as its cash reserve ratios (CRR) have continued to

deteriorate.

The bank began breaching the daily CRR – 5.25 per cent of its deposits that it must keep with the CBK – from July 14, 2015, tightening the regulator's scrutiny on the lender. The appointment of a receiver is meant to prevent the bank from collapsing with funds of its depositors and creditors.

Dubai Bank follows Charterhouse Bank in financial institutions recently placed under receivership. In 2006, the CBK closed down Charterhouse over accusations of money laundering.

Since 2012, Dubai Bank has been in the news for failing to honour its debts and fallout between top managers. A former managing director, Nereah Said had in 2012 made revelations regarding a series of irregular transactions at the bank that threatened to put at peril nearly Sh2 billion in customer deposits.

Weak governance structure

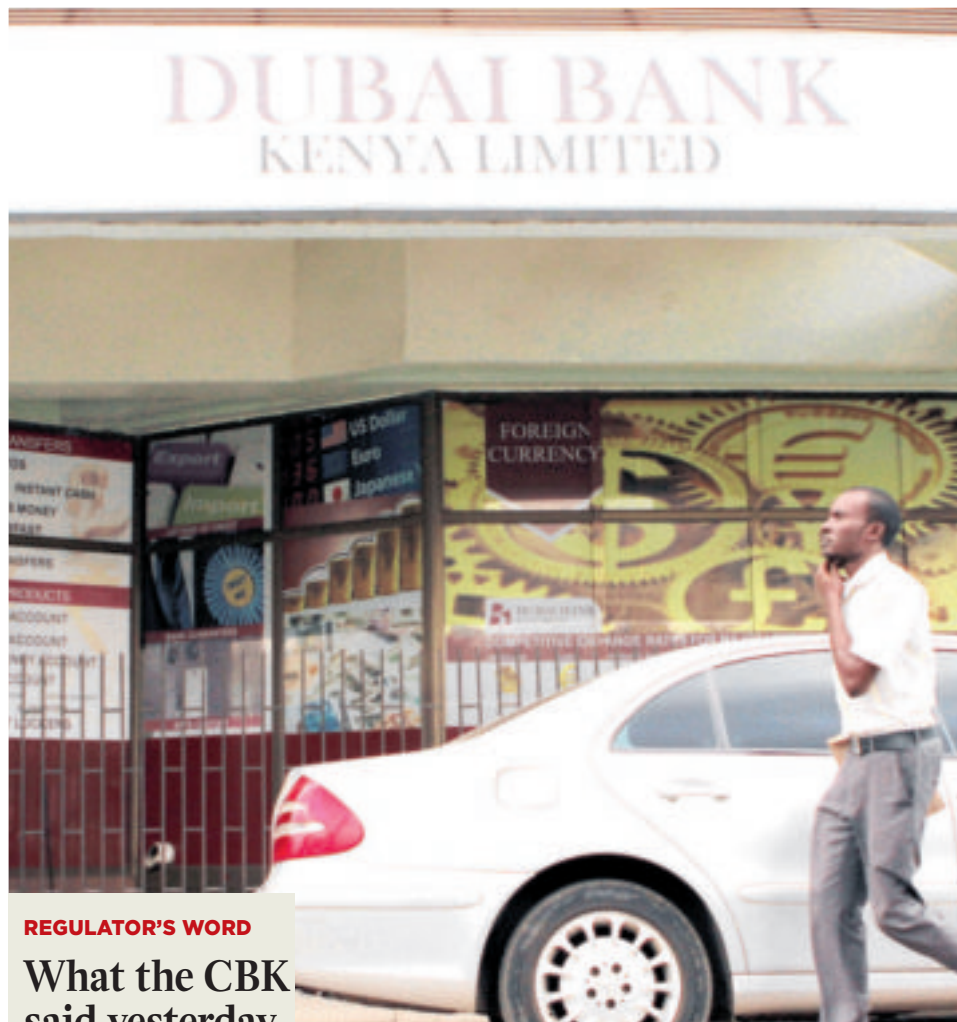
Ms Said, whom was fired in November 2012, claimed that weak governance structures abetted by Mr Zubeidi had exposed the bank to extensive fraud and theft of funds.

She also accused Mr Zubeidi of assuming executive powers at the bank and regularly disbursing unsecured loans to friends, exposing depositors to high levels of risk in case of bad debts.

The dispute between Ms Said and Mr Zubeidi wound up on November 19, 2012 with the sacking of the former who later sued the chairman and the bank for wrongful dismissal. CBK, which was then under Prof Njuguna Ndung'u as governor, said it would conduct independent investigations on the matter and take action should the allegations be confirmed to be true.

In June this year, Mr Zubeidi said the bank was unable to pay Sh197 million to a Kwanza Estate official in 2013.

It is alleged the official had deposited Sh167 mil-



REGULATOR'S WORD

What the CBK said yesterday

"Owing to the consistently deteriorating cash reserve ratio position of Dubai Bank and its failure to honour financial obligations, the CBK is of the considered opinion that the bank will most likely fail to meet its financial obligations in the normal course of business. CBK as a prudential regulator has considered and determined that Dubai Bank's violations of banking laws and regulations, including failure to maintain adequate capital and liquidity ratios as well as provisions for non-performing loans and weak corporate governance structures is detrimental to the interests of its depositors, creditors and the public," the CBK said in a statement yesterday.

lion as a condition to the bank in order to get a loan but the agreement was not honoured. His argument was that if the bank

One of the Dubai Bank branches in Nairobi's central business district yesterday. The lender was placed under receivership by the banking regulator for failing to meet cash ratio rules.

JAMES EKWAN | NATION

deposited the Sh197 million, which constituted the Sh167 million deposited by Kwanza Estate plus interest, it could collapse.

Earlier this year, the bank was also embroiled in a dispute between two property developers and United Bank of Africa over six parcels of land in Kileleshwa valued at Sh720 million. In May this year, the lender's managing director Binay Dutta is reported to have fled the country when the CBK was continuing its investigation into his role in a dubious share sale guarantee scheme that could potentially bring down the lender.

CBK was investigating the legitimacy of the guarantee that Mr Dutta issued for a share sale involving Turkish firm Tunasco Insaat whose co-owner Sevet Tunc was demanding the winding up of the lender for declining to pay him \$544,900 (Sh54.9 million) from the transaction.

Dubai Bank filed the suit against Mr Dutta on May 20, 2015 a day after the ultimatum for settlement of Mr Tunc's debt lapsed. The CBK joined the suit as an interested party.

The lender has faced exits by depositors, with total customer deposits standing at Sh4 million at the end of 2014. Within months of cracks appearing in the bank in 2012, customers withdrew their funds nearing Sh1 billion.

Mumias Sugar Company, which faces imminent collapse, is also said to have held an account at Dubai Bank. The lender had also begun initiating a winding up of the sugar miller over Sh92 million owed to it.

Mr Dutta was unavailable when contacted on phone. Kenya Bankers Association (KBA) chief executive officer, Habil Olaka declined to be drawn into the matter saying it was a regulatory issue.

BRIEFLY

EDUCATION

Equity-sponsored learners seen off

President Uhuru Kenyatta yesterday saw off 65 new recipients of the Equity Leadership programme seeking higher education in global universities. Under a scholarship programme valued at more than Sh1.2 billion, the scholars will attend top league Universities in the America, Canada, South Africa, UK, Costa Rica and Ghana. The 65 scholars, proceeding for further studies abroad, are part of the 605, scholars earlier selected to join the ELP, having excelled in their KCSE last year.

MENTORSHIP

KCB leadership class graduates

Hundreds of young scholars have graduated from the recent leadership training by the KCB Foundation. The young leaders now become the second bunch of students to benefit from the foundation's mentorship initiative. Launched in 2014, this year witnessed the highest number of scholarship beneficiaries enrolling for a two-day workshop on leadership. Last year, 600 students participated in the training while about 800 joined this year for the life skills coaching sponsored by the foundation.

HEALTHCARE

Jua kali staff get free medical care

Over 3000 Jua Kali artisans in Kamukunji are this year's beneficiaries of a free medical camp offered by I&M Bank. The second edition of the event organised by I&M Bank and conducted by a team of professional doctors and paramedics including volunteer staff from the Bank, took place at Muthurwa Primary School and covered various ailments including, but not limited to cancer (prostate & breast), ear nose and throat among other conditions.

MOTORING

DT Dobie sets June trucks delivery record

The Kenya Motor Industry (KMI) vehicle sales report for the first half of the year shows that DT Dobie delivered 101 Mercedes prime movers in June to set a new company record for truck sales in a single month. It also proves the popularity of Mercedes trucks, which had a 34 per cent share of this highly competitive market share for the first six months of the year. Most of the Mercedes Actros trucks sold by the company are used on the demanding Northern corridor route.

EXPO |

Looking for a home or an office? Here is what you should know

A man looks at house models during the 2015 Classic 105 FM and CFC Stanbic Bank homes and auto expo at the Kenyatta International Convention Centre in Nairobi yesterday. The real estate sector is one of the fastest-growing in Kenya with demand for homes far outstripping supply according to statistics.

DIANA NGILA | NATION



ENERGY | ERC spoils the party for car owners who have been paying slightly lower charges

Motorists bear burden of keeping roads in shape under new oil costs

Most vehicle operators now paying over Sh100 per litre according to new charges released by regulator yesterday

BY EDWIN OKOTH

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The road maintenance burden has been passed on to motorists in adjusted fuel prices released yesterday.

Motorists must now part with over Sh100 a litre after months of slight relief following a fall in international crude oil prices.

The adjusted road maintenance levy now pushes petrol prices to above Sh102.65 in Nairobi, Sh116.46 for the same quantity in Mandera though Mombasa, Kilifi, Likoni and Kwale are still paying below the Sh100 a litre.

The Energy Regulatory Commission pumped up petrol prices by Sh4.06 a litre but reduced kerosene

and diesel costs by Sh4.7 and Sh1.2 respectively.

Commission director-general Joseph Nga'ng'a said they will closely monitor dealers to ensure compliance with the set maximum prices.

"This month's pump prices took account of the additional Sh3 a litre of the super petrol and diesel to cover for the road maintenance levy. Accordingly, recovery of the additional cost borne by oil marketing companies has been factored for all cargoes whose taxes were paid after the July 17 effective date," Mr Ng'ang'a said.

Refund importers

The recovery meant to refund importers is attributed to fuel brought in after July 17 and before Friday's revision. Considering the additional Sh1.06 price rise in petrol pump prices above the adjusted road maintenance levies, a significant portion of this could be attributed to the compensations.

The regulator, however, attributed the increase to higher landed costs for petroleum over and above the elevated road levies.

Average landed cost for petrol is said to have risen by 1.25 per cent from

Sh71,897 a tonne in June to Sh72,797 in July. Kerosene dropped in average landed cost from the Sh61,921 a tonne to Sh54,652 in the same period.

The higher cost of petroleum in an environment of high interest rates and the sliding shilling now spoils the party for motorists and is expected to increase inflationary pressure for the better part of the year.

Petrol has been retailing at Sh98.59 a litre in Nairobi since mid-last month's review.

The regulatory commission, which has in the past months attributed

petroleum price increases to crude oil price recovery since April and the slump of the Kenyan currency against the dollar, was criticised by the consumer lobby group for not clarifying its pricing factors in yesterday's announcements.

The Consumer Federation of Kenya secretary-general, Mr Stephen Mutoro, said while the road maintenance levy was expected, compensation to oil importers ought to have been declared for transparency.

Spread over a period

"It is agreeable that we had consumed fuel since July 17 without paying for the levy already incurred by importers, it would not only be crucial to have it spread over a period but also clearly stated. International crude oil prices have been going down and the three shillings or a significant portion of it should have been covered in the low prices. The prices ought to have been lower," Mr Mutoro told the *Saturday Nation*.

The government hopes to net an additional Sh3.3 billion from the adjusted levy to be set aside for road network expansion through the Road Annuity Fund.

“

This month's pump prices took account of the additional Sh3 a litre of the super petrol and diesel to cover for the road maintenance levy”

Energy Regulatory Commission director-general Joseph Ng'ang'a

Kenya asks for direct US flights to benefit from Agoa

BY NATION CORRESPONDENT

There is need for direct flights and diversification of products if Kenya is to exploit the renewed export window to America.

Industrialisation Cabinet Secretary Adan Mohamed said direct ferrying of cargo to the US would help eliminate barriers to trade between the two countries under the Africa Growth and Opportunity Act.

He said this will also cut costs for exporters.

Mr Mohamed said Kenya is seeking to diversify exports and has stepped up to help women entrepreneurs access the American market following the Agoa period extension.

He spoke at the African Women Empowerment Programme (AWEP) Summit organised to educate them on available opportunities through Agoa including new products that could be exported and the requirements.

GT Bank Kenya and AWEP Kenya have partnered to support female entrepreneurs access US market through the Act.

"Women-owned businesses are now making a noteworthy contribution to Kenyan economy - accounting for about one-half (48 per cent) of all micro, small and medium-sized enterprises, which contribute up to 20 per cent of Kenya's GDP," Mr Mohamed said. Statistics show that out of an average of 600,000 jobs created

every year since 2000 in Kenya, over 400,000 have come from the informal sector where 85 per cent of women's businesses are found.

Make policy changes

The Cabinet secretary said the country is committed to making policy changes including reducing the cost of doing business, mitigation of non-tariff barriers and development of value chains as key to seizing the opportunities.

Kenya exports less than 10 of the 6,300 products allowed into the US market. The minimal non-oil Agoa trade gains for the last decade provide an opportunity to exploit the pact further for the benefit of

entrepreneurs.

Kenya hopes to go beyond the textiles market and will prioritise products in which it has a comparative advantage in making.

Mr Mohamed said the country will push for value-addition of its products to deliver greater financial returns and support economic growth more strongly.

The country plans to move into processing skins and hides into finished leather, which would yield four times the currently value and create 35,000 jobs.

Mr Mohamed said Kenya is targeting Sh100 billion in export earnings in the next two years and Sh1 trillion by the time the window is closed.

Meeting to chart route for tourism marketing

BY NATION CORRESPONDENT

Investors in tourism in Kenya and around the region meet in Mombasa from next week to create a joint marketing platform.

The East Africa Tourism Development Forum at the Sarova Whitesands, will be used to explore ways of unlocking the region's tourism potential.

It will be held under the auspices of the United Nations World Tourism Organisation.

It will be chaired by the organisation's secretary-general, Dr Taleb Rifai, and will host discussions on intra-Africa opportunities while strengthening regional cooperation.

Due to attend

Over 250 participants expected to attend will come from 10 countries including Ministers from Kenya, Uganda, Tanzania, Seychelles and the secretary-general of the East African Community.

The meeting's theme is "Connecting Opportunity" and will seek ways of enhancing the visibility of the East African market in the highly competitive global tourism.

Kenya's tourism Cabinet Secretary Phyllis Kandie said the forum will provide an important opportunity to market the region as a single destination.

"The idea is to showcase East Africa to a wider global audience. One of the key issues on the table is how to build the image of the region as a tourism destination," Mrs Kandie said.

Lure tourists

Kenya seeks to lure tourists back to the coastal town of Mombasa that has experienced a slump blamed on attacks from the Somali militant group Al Shabaab.

In September last year, the UK relaxed a travel advisory to Nairobi apart from Eastleigh, but maintained a warning for Mombasa and towns bordering Somalia.

Britain, the source of more than half the country's tourists, lifted a travel advisory covering most of the Coast in June, setting the stage for recovery.

Successful Obama visit

Kenya is also riding on the successful visit of United States President Barack Obama with over 3,000 investors during the Global Entrepreneurship Summit to keep the tempo up.

The United Nations World Tourism Organisation has been pushing for countries to form regional tourism clusters. Such groupings, it is argued, would provide an effective marketing platform beyond individual country destinations.

The Thursday meeting will come in the wake of another major tourism conference to be held in Accra, Ghana next week, seeking to create synergies among African countries in promoting a common continental brand.

STOCK | Nairobi Securities Exchange seeks wider horizons for those using the trading platform

Funds investors bet on cross-listing to reap big

Kenya plans to have assets in equities or bonds bundled together to trade in Nigeria and South African markets

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Kenyan investors in Exchange Traded Funds (ETF) are set to benefit from a wide pool of products following plans to cross-list such assets on the stock markets in Nigeria and South Africa. ETFs are a collection of equities, commodities or bonds bundled together in a fund to ensure that investor risks are evenly spread across this range of securities. Products planned for listing on ETF segment of the Nai-

robi Securities Exchange (NSE) would also be traded on the Johannesburg Stock Exchange (JSE) and Nigerian Stock Exchange (NSE) platforms. According to JSE director for capital markets Donna Oosthuyse, by cross-listing ETFs, investors will have access to liquid company shares tracked by indices such as FTSE JSE Top 40, FTSE NSE 15 Index and MSCI/Nigeria. Spearhead this trend “ETFs are among the fastest-growing asset class categories in the world. By collaborating with Africa’s largest stock exchanges, we hope to spearhead this trend in Africa,” Ms Oosthuyse said in a statement. NSE chief executive Geoffrey Odundo said the exchange will be looking at ETF products in the two markets to assess which ones will be of benefit to local investors. Already, there has been interest by some firms on the JSE to cross-list ETF products on the Nairobi bourse.

“

ETFs are among the fastest-growing asset class categories in the world”

JSE director for capital markets Donna Oosthuyse

40

Johannesburg Stock Exchange index

“That is something we are keen on doing but we are working on it together with our counterparts in those markets and our intention is to start this process as soon as possible,” he said. ETFs are only written off specific index-related securities that are listed on a stock exchange. This makes it possible to invest in a diverse range of securities through a single exchange traded product. The concept of cross-listing an ETF is the same as that of a share, or listing it on more than one exchange. It provides domestic investors with access to opportunities from another market. “If an ETF from Kenya or Nigeria for instance is listed on the JSE, then the asset manager in Kenya or Nigeria has to buy and sell the constituent shares on the home market as units in the ETF are bought and sold. This drives liquidity in the home market. In addition to this, it provides extra visibility on the shares on that exchange

to new investors who in all likelihood don’t yet trade on that market,” Ms Oosthuyse noted. According to Nigerian Stock Exchange executive director in charge of business development Haruna Jalo-Waziri; “ETFs are becoming attractive to many investors offering them portfolio diversification and reduce cost of investing. We are proud once again to be collaborating with reputable exchanges in Africa to bring this new and exciting investment opportunity to bolster trade across multiple markets”.

Releases guidelines Recently, the Capital Markets Authority (CMA) released guidelines for the putting into effect ETFs in Kenya. The rules, which are now open to the public for scrutiny prior to the establishment of the exchange later this year, precede the crafting of regulations to oversee this investment platform.

NAIROBI SECURITIES EXCHANGE					
Last 12 Mths		Security	Prices		Shares
High	Low		Yesterday	Previous	
Agricultural					
100.00	29.50	Eaagads Ord 1.25	33.00	32.50	3,600
363.00	113.00	Kakuzi Ord 5.00	344.00	379.00	500
200.00	115.00	Kapchorua Tea Co Ord 5.00	225.00	225.00	1,000
1,248.00	650.00	The Limuru Tea Co. Ord 20.00		1,090.00	
-	-	Rea Vipingo Plantations Ord 5.00		27.50	
18.00	11.50	Sasini Ltd Ord 1.00	17.85	17.00	21,200
435.00	240.00	Williamson Tea Kenya 5.00		395.00	
Automobiles & Accessories					
62.00	37.25	Car & General (K) Ord 5.00		42.00	
13.60	8.15	Marshalls (E.A.) Ord 5.00		10.80	
7.80	4.50	Sameer Africa Ord 5.00	4.75	4.75	6,800
Banking					
18.45	14.00	Barclays Bank Ord 0.50	14.55	14.80	410,800
141.00	90.00	CFC Stanbic of Kenya Holdings Ord 5.00	94.50	95.50	9,300
280.00	193.00	Diamond Trust Bank Ord 4.00	202.00	201.00	400
63.00	37.00	Equity Group Holdings Ord 0.50	42.00	42.00	210,000
55.00	20.50	Housing Finance Co Ord 5.00	23.75	23.50	126,400
141.00	106.00	I & M Holdings Ltd Ord 1.00		106.00	
65.50	45.50	KCB Ord 1.00	47.50	48.50	592,600
34.00	16.00	NBK Ord 5.00	20.75	19.20	36,500
85.00	47.00	NIC Bank Ord 5.00	49.75	49.75	5,300
357.00	256.00	StandardChartered Ord 5.00	280.00	280.00	130,800
23.25	17.50	Co-op Bank of Kenya Ord 1.00	19.50	19.70	3,330,900
Commercial & Services					
13.75	9.50	Atlas Development & Support Services		9.50	
8.50	4.50	Express Ord 5.00		5.05	
-	-	Hutchings Biemer Ord 5.00		20.25	
11.50	5.00	Kenya Airways Ord 5.00	6.00	5.90	10,550,500
30.75	6.45	Longhorn Kenya Ord 1.00	6.50	6.75	32,800
321.00	175.00	Nation Media Group Ord 2.50	180.00	179.00	1,000
47.50	31.50	Standard Group Ord 5.00	39.00	39.00	14,900
40.00	30.00	TPS EA (Serena) Ord 1.00	33.25	33.00	800
15.60	6.40	Uchumi Supermarket Ord 5.00	7.00	7.00	5,100
5200	35.00	WPP ScanGroup Ord 1.00	39.00	37.50	4,400
Construction & Allied					
95.00	60.00	ARM Cement Ord 1.00	63.50	63.50	6,000
180.00	135.00	BamburCement Ord 5.00	155.00	154.00	5,300
187.00	54.00	Crown Paints Kenya Ord 5.00	68.50	66.50	3,700
17.00	14.00	E.A.Cables Ord 0.50	14.70	14.95	7,400
78.00	51.00	E.A.Portland Cement Ord 5.00	54.00	60.00	1,400
Energy & Petroleum					
13.15	8.00	KenGen Ord 2.50	8.30	8.30	291,600
10.50	7.55	KenolKobil Ltd Ord 0.05	8.50	8.70	1,319,200
18.50	13.00	KP&LC Ord 2.50	16.65	16.45	6,900
6.05	5.30	KP&LC 4% Pref.20.00		5.30	
-	-	KP&LC 7% Pref.20.00		5.50	
32.00	20.25	Total Kenya Ord 5.00	23.00	23.00	4,000
23.00	16.00	Umeme Ltd Ord 0.50		17.40	
Insurance					
40.00	14.00	British American Investments Co.0.10	18.00	18.80	197,100
12.40	6.00	CIC Insurance Group Ord 1.00	7.75	7.70	171,600
600.00	370.00	Jubilee Holdings Ord 5.00	563.00	565.00	7,300
20.00	15.45	Kenya Re Corporation Ord 2.50	17.60	17.90	9,400
28.00	17.00	Liberty Kenya Holdings Ord 1.00	22.00	21.25	32,900
141.00	60.00	Pan Africa Insurance Ord 5.00	70.00	70.00	5,300
Investment					
84.50	45.00	Centum Investment Co Ord 0.50	51.50	52.00	301,600
5.55	2.30	Home Afrika Ltd Ord 1.00	2.35	2.35	298,800
1,500	1,500	Kurwitu Ventures Ltd Ord 100.00		1,500.00	
10.85	2.50	Olympia Capital Holdings Ord 5.00	4.75	4.55	2,100
24.00	12.00	Trans-Century LtdOrd 0.50	14.75	15.00	46,200

Investment Services									
28.00	15.00	Nairobi Securities Exchange. Ord 4.00		20.25	20.25	18,700			
Manufacturing & Allied									
-		A.Baumann & Co. Ord 5.00			11.10				
165.00	117.00	B.O.C Kenya Ord 5.00		117.00	130.00	134,100			
1050.00	652.00	British American Tobacco Kenya Ord 10.00		800.00	789.00	298,600			
30.00	14.00	Carbacid Investments Ord 1.00		16.90	16.95	800			
355.00	262.00	East African Breweries Ord 2.00		307.00	301.00	9,700			
5.35	2.65	Eveready EA Ord 1.00		3.55	3.35	33,100			
14.00	7.00	Flame Tree Group Holdings Ord. 0.825		7.95	7.60	34,000			
192.00	10.50	Kenya Orchards Ord 5.00			100.00				
3.85	1.35	Mumias Sugar Co. Ord 2.00		1.95	1.85	1,469,000			
56.50	32.00	Unga Group Ord 5.00		43.00	46.75	1,100			
Telecommunication & Technology									
17.90	11.85	Safaricom Ltd Ord. 0.05		15.00	15.45	9,343,000			
NSE ALL SHARE INDEX (NASI)-01st Jan 2008=100 Down 1.29 points to close at 152.09									
NSE 20-SHARE INDEX- (1966=100) Up 0.70 points to close at 4496.23									
BANK RATES									
		Euro	\$	£	C\$	SF	IR	JY	ZR
ABC	buy	113.41	101.70	158.743	-	104.16	1.55	81.67	7.87
	sell	113.15	101.90	159.26	-	104.47	1.56	81.90	7.94
Barclays	buy	113.38	101.75	158.78	77.79	104.33	1.56	81.70	7.92
	sell	113.80	101.35	159.29	78.06	104.55	1.56	81.99	7.94
Co-op	buy	111.61	100.90	156.91	76.74	102.26	1.55	80.56	7.69
	sell	111.84	101.10	157.26	76.92	102.57	1.55	80.73	7.96
Equity	buy	110.69	101.05	156.70	76.87	102.16	1.50	80.96	7.94
	sell	110.93	101.25	157.05	77.04	102.47	1.51	81.14	7.96
NBK	buy	113.43	101.70	158.84	77.81	101.70	1.56	81.74	7.92
	sell	113.74	102.00	159.23	78.07	104.56	1.56	81.99	7.95
KCB	buy	113.90	102.20	159.75	78.17	104.81	1.57	82.15	7.87
	sell	114.30	102.40	160.15	78.57	105.21	1.57	82.55	8.17
CBA	buy	113.95	102.20	159.60	77.02	104.85	1.57	82.24	7.94
	sell	114.25	102.40	160.01	77.55	105.09	1.57	83.43	7.98
CFC Stanbic	buy	113.70	101.95	159.15	78.06	10445	1.56	81.96	7.94
	sell	113.95	102.15	159.48	78.21	104.66	1.57	82.12	8.04
GulfAfrican	buy	113.69	102.00	159.19	78.09	104.53	1.56	81.99	7.94
	sell	113.95	102.20	159.52	78.28	104.76	1.57	82.17	7.97
FCB	buy	111.00	100.80	156.80	76.50	102.00	1.30	80.00	7.00
	sell	112.00	101.20	157.80	77.50	103.00	1.60	81.20	9.00
Prime	buy	113.90	102.00	159.80	78.40	104.70	1.57	82.10	7.95
	sell	114.40	102.50	160.30	78.90	105.20	1.58	82.60	8.15
CBK RATES									
			Mean		Buy		Sell		
1 US Dollar			102.2534		102.1533		102.3535		
1 Sterling Pound			159.6044		159.4250		159.7839		
1 Euro			113.9858		113.8650		114.1067		
1 South African Rand			7.9642		7.9536		7.9747		
Ksh/Ush			34.7667		34.6349		34.8985		
Ksh/Tsh			20.8307		20.7614		20.9000		
1 Ksh/Rwanda Franc			7.1181		7.0769		7.1593		
Ksh/Burundi Franc			15.1487		15.0361		15.2614		
1 UAE Dirham			27.8400		27.8089		27.8710		
1 Canadian Dollar			78.3011		78.2125		78.3898		
1 Swiss Franc			104.7357		104.5796		104.8919		
100 Japanese Yen			82.2006		82.1102		82.2910		
1 Swedish Kroner			12.0531		12.0370		12.0691		
1 Norwegian Kroner			12.4537		12.4309		12.4765		
1 Danish Kroner			15.2685		15.2525		15.2846		
1 Indian Rupee			1.5702		1.5686		1.5719		
1Hong Kong Dollar			13.1872		13.1743		13.2001		
1 Singapore Dollar			72.8638		72.7899		72.9377		
1 Saudi Riyal			27.2603		27.2300		27.2906		
1 Chinese Yuan			15.9765		15.9602		15.9927		
1 Australian Dollar			75.4477		75.3483		75.5471		

UNIT TRUSTS			
Money Market Funds		Daily Yield	Effective Annual Rate
African Alliance Kenya Shilling Fund	Kenya Shilling	8.90%	9.28%
Old Mutual Money Market Fund	Kenya Shilling	7.92%	8.22%
British-American Money Market Fund	Kenya Shilling	11.23%	11.89%
STANLIB Money Market Fund	Kenya Shilling	10.14%	10.62%
CBA Market Fund	Kenya Shilling	10.27%	10.79%
CIC Money Market Fund	Kenya Shilling	11.92%	12.58%
Zimele Money Market Fund	Kenya Shilling	9.0%	9.31%
Amana Shilling Fund	Kenya Shilling	10.77%	11.32%
ICEA Money Market Fund	Kenya Shilling	12.08%	12.84%
Madison Asset Money Market Fund	Kenya Shilling	11.20%	11.79%
GenCap Hela Fund	Kenya Shilling	11.89%	12.46%
UAP Money Market Fund	Kenya Shilling	11.03%	11.66%
Pan Africa Pesa Fund	Kenya Shilling	10.80%	11.40%
Fixed Income Funds/Equity Funds/Balanced Funds		Buy	Sell
African Alliance Fixed Income Fund	Kenya Shilling	10.73	10.39
CIC Fixed Income Fund	Kenya Shilling	9.51	9.76
Standard Investment Income Fund	Kenya Shilling	94.91	95.85
Nabo Africa Fixed Income Fund	Kenya Shilling	93.84	93.54
UAP Enhanced Income Fund	Kenya Shilling	10.67	11.21
African Alliance Kenya Equity Fund	Kenya Shilling	187.05	175.66
ICEA Equity Fund	Kenya Shilling	139.44	146.78
British-American Equity Fund	Kenya Shilling	192.82	198.94
CBA Equity Fund	Kenya Shilling	155.50	155.50
CIC Equity Fund	Kenya Shilling	13.61	14.34
Old Mutual Equity Fund	Kenya Shilling	371.46	398.01
STANLIB Equity Fund	Kenya Shilling	177.85	177.85
Madison Asset Equity Fund	Kenya Shilling	45.10	47.87
Nabo Africa Equity Fund	Kenya Shilling	96.94	96.94
GenCap Hisa Fund	Kenya Shilling	124.92	129.45
African Alliance Managed Fund	Kenya Shilling	21.16	19.93
ICEA Growth Fund	Kenya Shilling	132.02	138.97
Amana Growth Fund	Kenya Shilling	122.31	122.31
British-American Balanced Fund	Kenya Shilling	183.88	189.26
CIC Balanced Fund	Kenya Shilling	13.07	13.39
Nabo Africa Balanced Fund	Kenya Shilling	104.17	104.17
Old Mutual Balanced Fund/Toboa	Kenya Shilling	152.61	162.50
Madison Asset Balanced Fund	Kenya Shilling	59.61	62.90
Pan Africa Chama Fund	Kenya Shilling	10.45	10.77
Amana Balanced Fund	Kenya Shilling	123.18	123.18
Zimele Balanced Fund	Kenya Shilling	6.19	6.37
STANLIB Balanced Fund	Kenya Shilling	125.77	125.77
GenCap Eneza Fund	Kenya Shilling	120.38	124.75
GenCap Iman Fund	Kenya Shilling	111.13	116.98
STANLIB Bond Fund B1	Kenya Shilling	98.33	98.33
STANLIB Bond Fund A	Kenya Shilling	97.56	97.56
Old Mutual East Africa Fund	Kenya Shilling	148.09	156.73
British American Bond Plus Fund	Kenya Shilling	136.70	139.49
GenCap Hazina Fund	Kenya Shilling	111.70	115.75
ICEA Bond Fund	Kenya Shilling	92.17	93.10
Old Mutual Bond Fund	Kenya Shilling	97.49	99.80
UAP High Yield Bond Fund	Kenya Shilling	11.18	11.18
Pan Africa Pata Fund	Kenya Shilling	9.80	10.10
ARAB CURRENCY/\$			
Algerian Dinar		100.7328	
Bahrani Dinar		0.377	
Djibouti Franc		177	
Egyptian Pound		7.83	
Lebanese Pound		1504.78	
Libyan Dinar		1.3995	
Omani Riyal		0.3913	
Qatar Riyal		3.841	
Saudi Riyal		3.75	
Syrian Pound		218.25	
UAE Dirham		3.5728	
Currencies are quoted against the US Dollar			

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A279 Notices

PUBLIC NOTICE

PHYSICAL PLANNING ACT (CAP 286)

CHANGE OF USER

The owner(s) of **Ksm/Kogony/2637 & 1503** situated in Kogony within Kisumu City proposes to Change user of the plots from **Agricultural to Commercial** subject to approval by City of Kisumu.

Individuals, institutions, organizations etc. with Objections to the proposal are requested to forward them in writing within 14 days of this notice to:

**The City Manager
City of Kisumu
P.O BOX 105-40100
Kisumu**

GAZETTE NOTICE

The Land Registration Act, 2012 - Section 33 (3) Whereas **Joseph Muchemi** Jason ID. 0565039 and **Cecilia Joseph Muchemi** ID/NO.9927515 Registered as proprietor in absolute ownership interest of that piece of land containing by measurement **0.1012Ha** thereabout, situated in the District of Kajiado under the Title No.**Ngong/Ngong/26530** and whereas sufficient evidence has been adduced to show that the title deed issued thereof has been lost, notice is given that after the expiration of sixty (60) days from the date hereof I shall issue a new title deed provided that no objection will be received within that period. Date: 14th day of July, 2015.

B. L. Long'olenyang
Land Registrar, Kajiado North District.

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B469 Business Offers

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Celebrating a Life Well Lived

It is with humble acceptance of God's will that we announce the death of Wilson Muiruri Mwaura which occurred on 9th August, 2015 of Ongata Rongai location Kajado County.

Son of the late Mwaura Wanduru and the late Anastacia Wambui. Husband of Mary Wambui. Father of Ann Wanjiru, Stanley Mwaura, Virginia Waringa and Martin Gitumbo and grandfather of eight grandchildren. Brother of late Boniface Njenga, Late Basilio Karanu, Flora Wanjiku, James Njoroge, late John Mburu, Tabita Mukamwe, late Henry Kamau. Step brother of Cyrus Mburu, late Ezekiel Kamau, Julius Njoroge, late Wanjiku Nduura and the late Wambui Gichau.

Friends and relatives are meeting daily from 5.00pm at his home in Ongata Rongai, Church Road, Forest Road and also Honey Moon Restaurant next to Cleanshelf Supermarket.

The cortege leaves Umash Mortuary on Tuesday 18/08/2015 at 9.00am for funeral and burial service to be held at his farm in Kitengela Koroboi at 11.30am

Psalms 121:8 Rest in peace



Wilson Muiruri Mwaura

Death and Funeral Announcement



Gogo Regina Jemutai Cherono

It's with our humble acceptance of God's will that we announce the promotion to Glory of our lovely Mother Gogo Regina Jemutai Cherono of Kapkei Village, Uasin Gishu County who went to be with the Lord on Sunday 09/08/2015.

Daughter of the Late Toroitich Cherutich (Kiptormos) and Soti Toroitich and Late Kabon Toroitich. Wife of Lawrence Cherono Barmasai, Loving Mother of Jane (Kaptagat), the late Josephine, Ken Ronoh (OOR, Nrb), Mark Kimutai (DPP, Nrb), Veronica [Kapkei Pri], Salome (Arusha), Emily (Komba Emit Pri), the late Jemeli and Caroline [Fr. Heeran Sec. Sch. Nguluni). Sister in-law of the late Kigen Cherono (Arap Maasai), the late Godfrey Cherono formerly of US Peace Corps and Malinda Cherono (Nrb.), the late Tapnyabii and Senge Tamining of Changa'ch Barak. Mother In-Law of Edna Jerotich (EPC), Caroline Kigen and Spencer Keitany. Sister of the late Rosphele, Elizabeth, Christina, Thomas (Moiben), Margrina, late Mary, Alice, Pauline, Jane and Sally. Stepsister of Magdalena, Elena, Julius, Joseph, Josephine, late Teresia, Pauline and Salina. Grandmother of Simon, Naomi, Nicole, Derrick, Ammon, Dennis, Olivia among others.

The cortege leaves MTRH Farewell Home, Eldoret on Monday 17/08/2015 at 3.00pm for overnight stay at her home. Requiem Mass and Burial will take place on Tuesday 18/08/2015 at Kapkei Village, Elgeyo Border Settlement Scheme (Plot 48), Uasin Gishu County.

Mpesa contributions to Ken-0722876067 or Mark 0721594308

**I have fought the good fight, I have finished the race, I have kept the faith.
(2 Timothy 4:7)**

Mum, In God's arms you rest and forever in our Hearts you shall live.

Death and Funeral Announcement



Sarah J. Cherwon

We humbly accept God's will in the peaceful promotion to glory of Mrs. Sarah J. Cherwon on 14th August 2015 in the presence of her loving family members.

Loving daughter of the late Kiplagat Sang Ndalut and Rebecca Ndalut, Bot Seurey (late) and Jane Ndalut. Treasured wife of Mr. Michael K Cherwon. Cherished mother of Angie, Vikki (USA), Ignatius, Carol, Irene, Dr. Elly Cherwon (Germany), Oscar, Maureen, Charity and Felix. Mother-in-law of Hosea Ruto, Monica Cherwon, CS Henry Rotich, George Tuwei, Dr. Annick Cherwon (Germany) and Samson Maina. Doting grandmother of Winner, Ivy, Nicole, Roy, Kigen, Joshua, Kayla, Kibet, Trevor, Liam, Terrell, Zury, Carla and Etana. Beloved sister of Some, Stephen, Chelimo, Chepkemboi, Prof. Ndalut, Hillary, Charles, Priscilla, Rael and Ogla. Sister-in-law of Tot's and Cherwon's, Ruth, Lillian, Esther, Lily, Sarah, Tapkutuny, the late Pauline and the late Bot Kipsapul.

Family and friends will be meeting on Monday 17th at the Public Service club at 6:00 pm for funeral arrangements. Our loving mother will be escorted home to Kapsaret, Uasin Gishu County on Tuesday 18th where she will be laid to rest on Wednesday 19th August 2015.

"Mum you have run the race and fought a good fight, saisere my wife, saisere mathee, saisere gogo" Rest in Peace Mama.

Death Announcement

We announce the passing of John Ndungu Kahuki of Kariua village, Kandara Division, Muranga County.

Son of the late Kahuki Karanja and the late Monica Wambui Kahuki. Husband of Rosemary Wangui. Father of Victor & Keisha, Peter Kariuki, Walter Karanja & Nyawira. Grandfather of Nathaniel and Menelik.

Brother of the late Walter Karanja, Eunice Wanjiku, Irene Kihanya, Kamau Kahuki, Nyambura Kahuki and Njeri Kahuki. Son-in-law of the late Peter Kariuki and Serah Kariuki. Brother in law of Wangari Njenga, Hon. Nduati Kariuki, the late Anne Muthundo, James Muthundo, Felicity Nyagah and Maina Kariuki.

Meetings will be at 200 Thego Lane, off Kaptagat Road, Loresho on Sunday 16th August at 3pm and on Thursday 20th August at 5pm.

Funeral arrangements to be announced.



John Ndungu Kahuki

Promotion to Glory

It is with humble acceptance of God's will that we announce the death of John Munene Njoka which occurred on 7th August 2015 at Nairobi West Hospital in Nairobi.

Loving son of the late James Njoka and Natalina Wangerwe. Loving husband of Eunice Ngithi. Father of James Kariuki, Catherine Wanjiku and Vincent Ngari. Brother of Ann Wairimu Kombo, the late Charles Njiru, Agnes Muthoni Waringui, Grace Wangui Murimi, Joseph Mbogo, the late Florence Wanjiku, Margret Wakathaiya Kamau, Samuel Mwangi and Josephine Wambui Kusala. Son-in-law of Danson Kiriamburi and Agnes Kiriamburi. Brother-in-law of Pauline Mwangi, Caroline Mbogo, Rufus Ireri, Aphaxard Nyaga among others.



John Munene Njoka

Family and friends are meeting daily for prayers and funeral arrangements at his home in Rwambiti, Kirinyaga County. The cortege leaves Kibugi funeral home on 18th August 2015 for burial on the same day.

Death and Funeral Announcement

We regret the sudden death of Patrick Muthuri Muthamia which occurred on 8/8/15 at Kenyatta National Hospital.

Husband of Janet Kajuju Imea. Father of Alex Kimathi, Betty Gakii and Linda Karwitha. Brother of Amos Gitonga, Erastus Muthamia (OCPD Thika West), Lucy Mucece, Lenah Muthoni, Dacton Gituma and Joy Gacheri. Uncle of many.

Until his death he was working in the Kenya Police Service. The body leaves Nanyuki Hospital Mortuary on 15/8/15 and laid to rest at his home in Rugirando village, Rugirando sub location, Kiambogo location, Timau, Buuri constituency in Meru County.



Patrick Muthuri Muthamia

May God rest your soul in peace.

Celebration of a Great Hero



Hon. Patroba Makone Ombese

Sunrise: 1929 - Sunset: 12/08/2015

It is with humble acceptance of God's will that we announce the death of Hon. Patroba Makone Ombese which occurred on the 12th August 2015 after a long illness bravely borne at the Nairobi Hospital. He hails from Tindereti Scheme, Borabu location, Nyamira County. He was the first MP for Kitutu East, former Chairman of the Pyrethrum Board of Kenya, Kenya Farmers Association (KFA), Kenya Seed Company, among others.

Son of the late Francis Ombese Nyambasora and the late Isabella Kerubo. Loving husband of Bathsheba Mokeira Makone. Father of Charles Makone, Young Makone, Joyce Mogere, Nora Mageto the late Evans Makone, Maureen Kebati and the late Richard Nyakawa. Grandfather of Christine, Francis, Jayne, Lorraine, Ombese, Nyakawa among others. Father-in-law of Helen Makone, David Mogere, Wilson Mageto and Peter Kebati. Brother of John Osoro, the late Ezekiel Nyandwaro, Onchari Ombese, John Kebati, Charani Ombese, Samuel Ombese, James Nyamwaro, Simon Nyachae, the late Druscilla Mongina, Prisca Moraa Mose, Eucabeth Mokoro, Rhoda Ongaro, Julia Ondimu, Monica Bosire and Irene Machogi. Korera of late Johnstone Makori, the late Hezrom Mogere, the late George Mageto, James Kebati and the late James Nyamweya.

Daily meetings will be held at All Saints Cathedral on Monday 17th and Tuesday 18th August 2015 between 6.00pm to 8.00p.m. There will be a main get-together of friends and well wishers at All Saints Cathedral on Wednesday 19th August 2015 from 6.00 p.m.

SATURDAY NATION Sport

ATHLETICS | Team Kenya set for Beijing Worlds

Kamworor and Kipruto head to familiar territory

Both athletes have recorded victories in China, venue of 2015 World Championships

BY DAVID MACHARIA
sportsdesk@ke.nationmedia.com

Two Kenyan athletes with high prospects for medals at this year's World Championships in Beijing, Brimin Kipruto and Geoffrey Kamworor, believe China is a lucky hunting ground for them.

Kipruto who is a former Olympics 3,000 metres steeplechase champion and Kamworor, the current World Cross Country senior men's champion, have won in China.

Kipruto won the Olympic gold in 2008 in the Olympics held at the National Stadium, nick named the "Bird's Nest" while Kamworor won the World Cross title in Guiyang early this year.

"I remember China because of that Olympics gold medal and I believe I can repeat the feat during the World Championships," Kipruto said after a training session at the Safaricom Stadium, Kasarani yesterday. The

“

I remember China because of that Olympics gold medal... I believe I can repeat the feat during the World Championships”

Brimin Kipruto, 3,000m steeplechase runner

steeple chaser has been to four World Championships – Helsinki in 2005, taking bronze, Osaka (2007) where he won gold and Daegu (2011) where he took silver. He finished outside medal brackets in the Berlin World Championships.

Kipruto and world champion Ezekiel Kemboi are the most experienced in the steeple chase team, having competed in the race at Olympic and World Championships for 11 years and 14 years respectively. Others in the team are World silver medalist Conseslus Kipruto and Africa champion and current Diamond League leader in the event, Jairus Birech.

Historically, Kenya has always done well when the big events - Olympics or Worlds, are held in Far East countries. Observers think the weather at the time of the events favour Kenyans.

With gods of weather on their side, Kamworor believes the 10,000 metres trio that comprises of himself, Bedan Karoki and Paul Tanui can win the event's title that has eluded Kenya for many years. The last time the country won the event at the Worlds was in 2001 through Charles Kamathi who upstaged Ethiopia's Haile Gabreselassie who had reigned unbeaten on the event for many years.

Kamworor, Karoki and Tanui have the task of beating double (5000m and 10,000m) Olympic champion Mohammed Farah otherwise known as "Mo Farah" of Britain and other emerging challenges from other countries like Ethiopia.

The 10,000m men team, under coach Julius Kirwa, has been working on a strategy to stop the Briton from showing his "curled horns" celebration sign at the end of the race.

"We are talking among ourselves so that we will run as a team and I believe my colleagues are serious on it", Kamworor said after taking Kipruto on several speed work sessions at the Kasarani team camping venue.

an underdog for long," Kipruto said yesterday after the morning training session at the Kasarani Stadium.

Kemboi, former World champion

21

Age of World 3,000m steeplechase silver medallist Conseslus Kipruto

World 3000m steeplechase silver medallist Conseslus Kipruto has fired a warning shot to his opponents in the World Championships that begin next week in Beijing, China.

Kipruto told Nation Sport that time is ripe for him to get out of the shadows of his more established compatriots, among them three-time world champion Ezekiel Kemboi.

"I feel this is the year for me to make a breakthrough. I have been



Brimin Kipruto trains at Kasarani last week.

DAVID MACHARIA | NATION

CRICKET

Australia's women restored some national pride yesterday as they thrashed England by 161 runs in the lone Test of the multi-format female Ashes. After Australia's men surrendered the Ashes last week with a fourth Test defeat.

Momanyi and Koech win Kisii 21km race



BY AYUMBA AYODI
sayodi@ke.nationmedia.com

The 2010 Commonwealth 10,000m champion, Grace Momanyi and Philip Koech are winners of this year's Safaricom Kisii Half Marathon.

Momanyi, who missed a podium finish in 10,000m during the 2009 Berlin World Championships to settle fourth, powered home in 1 hour 14:00 minutes, beating season runner Alice Serer to second by 39 seconds yesterday.

It was a three-horse exchange of leads before Momanyi's sublime kick in the last kilometre did the talking to prevail and perhaps send a message that she is back.

Battled injuries

Momanyi, the 2008 Africa 5,000m bronze medallist, has over the years been battling injuries despite claiming fourth place at the 2011 World's Best 10km and third spot at 2011 Lisbon Half Marathon. She registered personal best 1:08:41 in the Lisbon race and was among the favourites for the 2011 Great Manchester Run but wound third.

Serer, who the 2014 Brighton Marathon and 2011 Toulouse Marathon, crossed the line 1:14:39, beating Lenah Cherotich to third in 1:15:17. The 2013 Standard Chartered Nairobi Marathon champion, Wilfridah Kwamboka faded to eighth place in 1:17:58.

Koech atoned for his fourth place finish last year with a superb victory in 1:02:54, brushing aside the 2012 Olomouc Half Marathon champion, Nicholas Kipkemboi to second in 1:03:03.

Daniel Kiprotich came in a close 3rd at a time of 1:03:07 in the races that drew athletes from North and Central Rift, Bomet, Nandi, Nyamira, Eldoret, Iten, Kisii, Kilgoris and Transmara.

Momanyi and Koech took home Sh70,000 and a bull each with Serer and Kipkoech winning Sh40,000 and a goat apiece. Kiprotich and Cherotich went home Sh30,000 richer each.

After Kisii Half Marathon, Safaricom Athletics Series head to Mombasa International Marathon on September 27 this year.

It will be followed by Ndalaat Gaa cross Country, Madoka Marathon, Tegla Loroupe, Kass International Marathon, Imenti South Road race before winding up the series with Kisumu Marathon.

Kipruto fires warning shot to opponents ahead of Beijing show

BY DAVID MACHARIA
sportsdesk@ke.nationmedia.com

World 3000m steeplechase silver medallist Conseslus Kipruto has fired a warning shot to his opponents in the World Championships that begin next week in Beijing, China.

Kipruto told Nation Sport that time is ripe for him to get out of the shadows of his more established compatriots, among them three-time world champion Ezekiel Kemboi.

"I feel this is the year for me to make a breakthrough. I have been

Brimin Kipruto and the current Diamond League Series leader Jairus Birech are the other athletes who will be aiming to claim gold in the sport that Kenya has dominated for decades.

The 21-year-old Kipruto, who finished second to Kemboi in the 2013 Worlds in Moscow, is among the most promising steeplechasers in the country.

He won the 2011 World Youth 2000m steeplechase gold in Lille, France and 2012 World Junior title in the event and his personal best

of 8:01.16 puts him second in the all-time juniors list.

Kipruto announced his presence in athletics when he won the 2000m steeplechase at the 2010 national youth trials. His winning time of 5:29.03 was a world lead time.

He repeated the feat the following year in France, beating teammate Gilbert Kirui to gold in 5:28.65.

Kipruto also beat veteran Paul Kipsiele Koech at the Herculis 2012 Diamond League meet in Monaco in a personal best of 8:03.49 minutes.

Sri Lanka's Chandimal turns the tables on India

Galle, Sri Lanka

Dinesh Chandimal smashed an unbeaten 162 off 169 balls to lead a brilliant revival by Sri Lanka on the third day of the first Test against India at Galle yesterday. The hosts, who trailed India by 192 runs in the first innings, were reduced to 95-5 in their second knock before Chandimal launched an audacious counter-attack to steer his team away from imminent disaster. Sri Lanka went on to make 367, setting India a tricky target of 176 runs to take the lead in the three-match series. India ended the day at a shaky 23 for one after Lokesh Rahul was trapped leg-before by Rangana Herath for five. First-innings century-maker Shikhar Dhawan was unbeaten on 13 and night-

watchman Ishant Sharma was on five. The 25-year-old Chandimal hit four sixes — one of them a spectacular reverse sweep off Harbhajan Singh over the mid-wicket boundary — and 19 boundaries in his fourth Test century. Chandimal put on 125 for the sixth wicket with Lahiru Thirimanne (44) and 82 for the seventh with Jehan Mubarak

192

Runs by which Sri Lanka were trailing India yesterday in the first innings of their Test match

(49) to frustrate India's bid to force an early win. Chandimal and Thirimanne, who joined hands before lunch with their team still 98 runs away from wiping the deficit, batted through a major part of the post-lunch session. As the pair settled down, the Indians were left to rue the refusal by their powerful cricket board to use the Decision Review System (DRS) for their bilateral matches. Both batsmen were fortunate to get into double figures after surviving three appeals for catches close to the wicket — two against Chandimal and one against Thirimanne — in a 10-minute period before lunch. Replays showed all three catches were clean, but the absence of DRS meant India could not ask for reviews from the television umpire. (AFP)

HOCKEY | USIU, Vikings face off in women's competition at City Park Stadium tomorrow

Police aim to trim Butali's lead, Jaguars await KCA lads

Law enforcers play Parkroad as they eye to close in on men's league leaders Warriors

BY CELLESTINE OILO
colilo@ke.nationmedia.com

Kenya Police will be seeking to reduce the gap between them and Kenya Hockey Union (KHU) league leaders Butali Sugar Warriors to just one point when they face Parkroad this afternoon at the City Park Stadium. The 2012 champions are currently four points behind defending champions Butali Sugar Warriors and will be out to trim the lead against a tricky Park Road side. Police coach Kenneth Kaunda told *Saturday Nation Sport* yesterday that his charges are raring to go and will be out to claim maximum points from the match.

“We have been training hard and I believe that the players will deliver the three points. All my players are fit, so there is nothing to stop us from clinching the three points,” Kenneth Kaunda, Kenya Police hockey team coach

“We have been training hard and I believe that the players will deliver the three points. All my players are fit, so there is nothing to stop us from clinching the three points,” a buoyant Kaunda said. Champions Butali will be seeking redemption when they confront 12th placed side Nakuru Club tomorrow.

Butali survived

Butali survived an early scare last Saturday where they were made to fight back to secure a 1-1 draw with USIU. The other men's premier league matches scheduled for this weekend will see Western Jaguars will come up against KCA University (Kenya College of Accountancy), while Parkroad will face Sikh Union tomorrow afternoon.

Action will also continue in the men's national league where Pool A league leaders Chase Sailors will clash with second-placed Park Road Tigers. Daystar University and Vikings face off tomorrow in the only ladies' national league match that will be played this weekend.

Today: UoN v Impala (2pm, City Park); Park Road Tigers v Chase Sailors (4pm, City Park); Western Jaguars v KCA (4pm, Kakamega Grounds); Park Road v Kenya Police (6pm, City Park). **Tomorrow:** Nakuru v Butali (12pm, Nakuru); Thika Rovers v Wazalendo (1pm, City Park); Vikings v Daystar (2pm, City Park); Parkroad v Sikh (3pm, City Park)



Kenya Police Hockey team players Hedmond Simiyu (front), Oliver Echenje (centre) and Stephen Kimase train yesterday at Mathare Depot grounds. Police play Parkroad in men's league today.

CHRIS OMOLLO | NATION

Indiza, Wakhu, Opati joint leaders in KCB Tour tourney

BY LARRY NGALA
lngala@ke.nationmedia.com

Three players tied at the top with six under par total going into today's final round of the 2015 KCB Golf Tour fourth leg at the hilly Nakuru Golf Club course yesterday.

Round two leader David Wakhu of Royal, long-hitting Dismas Indiza of Mumias and Windsor's David Opati will be off in the same team in hunt for the top prize of Sh192,000.

Wakhu made an awful start, firing five over at the front nine that included a seven at the par four-seventh, having also dropped shots at the third, fourth and sixth.

“The slow pace affected my concentration today as we played four ball rather the usual three ball, but there is still one more round to be played tomorrow,” said Wakhu, who birdied the ninth and the 11thm 13th, and 18th for three over par 76 to drop to six under par 213.

Big-hitting Indiza had the best round of three under par 70 out of the three, a round which included birdies at the fifth, ninth, 14th, 16th and 18th but against bogeys over the second, fourth, seventh and 17th holes.

“The pin at the second was just at the front and made me drop a shot again today. At the same time, some greens were fast others slow but I believe I still have a good chance in tomorrow's round,” said Indiza.

The Windsor-based Opati was however more confident of winning despite his one over par 74 for 213. “I am very happy particularly with my iron

game as well as putting even though I dropped shots which I should not have dropped,” said Opati who birdied the third, 13th, 14th,

“The slow pace affected my concentration today as we played four ball rather the usual three ball”

David Wakhu, golfer

and 16th though a double bogey at the seventh and two single bogeys at the last two holes of the opening nine and the par three-17th denied him an under par finish for the day. Two shots behind the joint leaders was Eldoret's Boniface Simwa who shot one under 72 for 215. Still in with a chance also was Nyanza's David Odhiambo who shot 75 for 216.

LEADERBOARD

213 David Wakhu 69, 68, 76
213 David Opati 73, 66, 74
213 Dismas Indiza 69, 74, 70
215 Boniface Simwa 74, 69, 72
216 David Odhiambo 72, 69, 75
223 Simon Ngige 75, 77, 71
224 Sullivan Muthugua 71, 73, 80
224 Eric Ooko 72, 76, 76
224 Richard Ainley 75, 76, 73
225 James Karanja 74, 73, 78
225 James Lorum 78, 74, 73
225 Nicholas Rokoine 79, 73, 73
226 John Wangai 71, 77, 78
226 Anil Shah 75, 77, 74
226 Ganeev Giddie 78, 74, 74
230 Alfred Nandwa 76, 76, 78

Lorenzo tops MotoGP free practices for Czech GP

BRN, Czech Republic





Spain's Jorge Lorenzo, on a Yamaha, set the fastest time in yesterday's eventful, crash-filled MotoGP free practice ahead of the Czech Republic Grand Prix in Brno tomorrow.

In scorching heat, the 28-year-old MotoGP champion from 2010 and 2012 clocked 1min 56.499sec on the 5.4-kilometre (3.36-mile) circuit in the morning practice.

Reigning champion Marc Marquez of Spain, on a Honda, came second, just 0.014sec behind Lorenzo after topping the afternoon

practice. Italy's Andrea Iannone, on a Ducati, took the third spot, trailing Lorenzo by 0.251sec.

Marquez's team-mate and compatriot Dani Pedrosa, the 2014 Brno winner, came fourth ahead of the Italian duo of Andrea Dovizioso on a Ducati and championship leader Valentino Rossi on a Yamaha. The nine-time world champion across all categories, Rossi leads the overall standings with 195 points after 10 out of the season's 18 MotoGP races, ahead of Lorenzo with 186 and Marquez, the 2013 and 2014 overall champion, with 139. (AFP)



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SUNDAY 16TH AUGUST 2015 • VENUE: NYAYO STADIUM • TIME: 16:15

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Let Duncan defend his KQ Classic Rally crown

'It appears that the main reason for the organisers handicapping Duncan is to encourage foreign entries. As much as we want to bring in overseas teams like Porsche, we must nurture the sport locally'

It's a huge shame when some people in our own country take our sporting heroes for granted and manipulate the rules in their events to suit their own selfish needs.

This is the case with Ian Duncan, Kenya's greatest ever driver and the last indigenous local to win the Safari Rally as a World Championship event.

I have had some time to follow what has been happening behind the scenes of the forthcoming East Africa Classic Safari Rally, and my conclusion is that the organisers are banning Duncan because he's too good!

The winning Ford Capri Perana of the reigning champion has been excluded, which also rules out at least three other similar vehicles from the nine-day event, and Duncan has had little luck in trying to persuade the organisers to resolve the situation.

This is not the first time he has been in this situation with the organisers. Following his triumph in 2009 after a titanic battle with the late Bjorn Waldegard, Duncan had to wait hours before his win was validated, and the regulations were changed so that his beloved Mustang could no longer be competitive.

This led to him building his current Ford Capri V8 Perana, which initially struggled in the 2011 event but came back to win an epic three-way battle with former world champions Waldegard and Stig Blomqvist in 2013.

Now it's not just the engine and wheels that's given Duncan a headache with the organisers in previous years but also the suspension.

For 2011, the regulations were changed: no double shocks, no big tyres and no free rear axle mountings.

Consequently it appears that Duncan



ANWAR SIDI | NATION

Ian Duncan, navigated by Amaar Slatch, steer their Ford Capri to victory during the 2013 Kenya Airways East Africa Safari Classic Rally.

has managed to get a sponsor to buy another engine for 2015. According to sources, the V8 would have to be replaced with a 3.0 litre V6 engine.

For your information a Ford V8 engine from the United States costs roughly US\$8,000, whilst a 3-litre V6 from the UK would cost more than US\$30,000 for a competitive engine. The gearbox, prop shaft and axles will have to be replaced too. Not an easy or cheap job, even for someone of Duncan's caliber!

Having won everything there is to win locally he has nothing to lose, and we as a country should be encouraging the likes of Duncan to compete locally, as the rally legend still competes competitively after more than thirty years mainly for the love of motorsports, spending a lot of money in the process.

It appears that the main reason for the organisers handicapping Duncan is to encourage foreign entries. As much as we want to bring in overseas teams

like Tuthill Porsche, we must nurture the sport locally not kill it, and it is sad that the defending champion was told in writing not to attend the launch of the event recently.

Ian Duncan is born in this country, invested in this country, and lives and breathes Kenya. Let us respect him for that.

Football's ups and downs

This past week has seen the best and worst of football.

Starting off with the good news, a huge thanks must go out to Football Kenya Federation Chairman Sam Nyamweya, Kenya Footballers' Welfare Association (KEFWA) boss Innocent Mutiso, and other KEFWA officials for securing the release of Tusker midfielder Osborne Monday on Thursday evening, following what appears to be a case of mistaken identity between Monday and the Anti Terrorism Police, which has resulted in there being no charges pressed against the

football star.

Once again the power of social media seems to have played a key role in the player's release, with the hash-tags #WhereIsMonday, and #FindOsborneMonday raising awareness to the plight of Monday.

At the other end of the scale, Gor Mahia fans once again brought the image of the club into disrepute on Wednesday night by going on the rampage after one of their own was allegedly knocked down by a Nairobi County vehicle.

This latest round of hooliganism is a little different to other cases, as the K'Ogalo fans felt aggrieved following the incident when the driver attempted to drive off.

However that does not excuse them taking the law into their own hands and burning two cars.

This is a symptom of our society as a whole. When the public loses faith in the whole system, including the police, then we will sadly witness

many more unsavoury incidents, and as much as the driver might have been in the wrong, the fans have to realise that they were wearing the colours and uniforms of their club. Once again this puts the club administrators in an awkward position as they seek to find that elusive main sponsor to take the Gor out of eternal debt.

Speaking of debts, when will officials in charge of the majority of local clubs realise that they are business entities and not political tools.

As long as stakeholders, including administrators and players, use the club as a cash cow than there is no hope of the likes of AFC Leopards and Gor Mahia ever getting out of the financial quagmires they are stuck in.

While other countries in the region are witnessing their clubs blossom, Kenyans seem to continue watching theirs managed with alarming mediocrity by officials with selfish intentions. It's a crying shame to be witnessing AFC Leopards and Gor Mahia begging for help every month while the likes of Tanzania's Azim are busy snapping up our best players at an astonishing rate.

If we are not careful than the Kenya Premier League will soon slip below our neighbours in terms of football standards. The Ethiopian and Uganda national teams are already making waves in the region and it's time for our federation to wake up and smell the coffee.

It's not just on the pitch, but investing in the youth and infrastructure that should be made a priority. Let's get rid of the politics once and for all.

Rugby's youth take centre stage

With the national sevens circuit taking a break, the youth are in focus with a national under-18s tournament being held at the RFUEA Grounds this weekend. This is an important event for the Kenya Rugby Union as a strong junior foundation needs to be in place for Kenya to challenge as a world power in the fifteens and sevens game.

As was witnessed by the Simbas' heavy defeat last weekend in Windhoek, there is still a long way for the country to go, but the KRU is on the right path and let's hope that all major clubs in the country are also taking the junior program seriously for both the men's and women's games.

Technical officials coming from Europe next week to inspect Ian's car

BY ABDUL SIDI
sportsdesk@ke.nationmedia.com

Ian Duncan's chances of taking part in the 2015 Kenya Airways East African Safari Classic Rally look brighter with the expected visit of two senior technical officials from Europe on Tuesday.

Duncan, who is the defending champion, has been left out of the list due to technical issues regarding his Ford Capri. The officials - Geoff Doe and Tim Ashton - will inspect the Capri then make the final decision.

Duncan said he was happy with organisers for making an extra effort by sending the officials to inspect his car. "I'm happy that the technical officials are coming to town. It will be fair for the technical delegates to

inspect the car and advise accordingly. I thank the organisers for making this a special case. I want to enter the rally and have fun," Duncan told *Saturday Nation Sport*. Rally director, Raju Kishinani, said they were making efforts to ensure Duncan participates.

"We want Duncan to be part of this year's rally and that's why we are flying in the two officials from Europe. If there are any irregularities, then it would give Duncan ample time to rectify now instead of a day before the rally during the scrutineering," said Kishinani.

Another director, J.S Vohra, said: "As organisers, it would be to our advantage to have Duncan in the event and quash all the negative rumours that have been floated around for the past few weeks."

It will fall under Doe's docket to make sure all cars are prepared according to regulations before they are accepted in the seventh edition of the

“

We want Duncan to be part of this year's rally and that's why we are flying in the two officials from Europe. If there are any irregularities, then it would give him ample time to rectify"

Raju Kishinani, rally organiser

rally. The competition is open to cars, which were manufactured before the end of 1978. Despite the uncertainty, Duncan remains one of the biggest names in the event, having won the rally twice, first time in a Ford Mustang in 2009 followed by the latest victory in a Ford Capri four years later. Amar Slatch was the navigator on both occasions.

International stars

Porsche will have the highest number of cars in the competition followed by Datsun with 11, Ford 10, Triumph 2, Mercedes, Ferrari, Trabant, VW and Peugeot with single cars respectively. As part of the new rules, this year's event will have Service Parks while drivers will also continue enjoying roadside service facilities that have been familiar with the rally since it

was first staged in 2003.

The 2015 Kenya Airways East African Safari Classic Rally is expected to live to its international flavour with some of the star names from the World Rallying circles already enlisted for the marathon event.

Former World Rally champion, Stig Blomqvist, Gregoire de Mevius, the former World Group N champion and another Swede Richard Göransson, who is the past European Touring Car champion and four-time Swedish Touring Car champion are some of the biggest names expected to grace the event. They will be at the wheels of the Porsche 911s respectively.

Blomqvist was one of the biggest names to ever grace the Safari Rally when it was part of the World Rally Championship.

It's a three-pronged title assault in girls' volleyball

BY BRIAN YONGA
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Reigning East Africa girls' volleyball queens Kwanthanze, newly-crowned national champions AIC Kosirai and former national champions Lugulu Girls will be tasked with ensuring that the country retains the regional title.

The teams will be out to prove that Kenya has the best squads in women's volleyball in the region and by extension the

continent. Kwanthanze hope to defend the regional title, having failed to hold on to their national trophy after finishing second following a 3-2 (25-21 22-25 25-18 15-25 15-10) loss to new national queens AIC Kosirai in the finals.

Coach optimistic

Kwanthanze head coach Justine Kigwari is optimistic his girls will retain the title. "We have corrected our mistakes that cost us the national crown, we

have worked on our service, reception and back court and am confident we will retain the title," Kigwari said.

Kwanthanze are in group 'A' alongside 22-time national champions Lugulu Girls, Uganda's Kinawa, Rwanda's Lycee De Nyanza, Mbili of South Sudan and Lord Baden Powell of Burundi. National champions Kosirai are in group 'A' together with last year's silver medalists GS Indangaburezi and St Aloy's of Rwanda, Makongo, Lycee Ste

and Therese of Burundi as well as Trust High of Uganda.

Kosirai head coach Richard Soi was optimistic that his girls will lift their maiden regional title, having finished in the medal bracket before.

"We fought hard at the nationals and we don't expect anything less than a battle at the regional games. Even so, my girls have matured and are ready to earn recognition at the East Africa school championships," Soi said.

KENYAN PREMIER LEAGUE | Tusker seek redemption against wounded KCB tomorrow

Limping City Stars up next for Gor, Bandari play Thika

Coach Njoroge appeals for calm as his relegation-threatened side faces K'Ogalo

BY CELLESTINE OLILO
colilo@ke.nationmedia.com

Strugglers Nairobi City Stars are out to pull surprises in their Premier League encounter against defending champions Gor Mahia this afternoon at the Nyayo National Stadium in Nairobi.

The Kawangware-based have struggled to win matches all season, but they gave a good account of themselves last weekend when they beat Mathare United 2-0 at Nyayo Stadium.

While that victory did nothing to improve their ranking in the battle against relegation, it is sure to have injected higher levels of confidence to the team that is now being coached by former Mathare United player Gabriel "Kingi" Njoroge. Njoroge told *Saturday Nation Sport* yesterday that people should not be quick to write them off. Instead, Njoroge wants fans to give them a chance and see how they perform on the pitch.

"People should stop judging us based on statistics. I know that Gor Mahia are very strong and that they are unbeaten. Everybody knows that. But if we approach our matches with that kind of mentality then we will never get even one point," he said.

All Stars' Gambian striker Ebrimma Sanneh, who joined the team in July last year will be the man to watch, although his fine skills have been under-rated in the face of his club's shoddy performances.

Both sets of players are

fit ahead of this match, although Gor Mahia's midfield shield Khalid Aucho

will miss the match after accumulating five successive yellow cards. Tomorrow, ten-time champions Tusker FC will come up against KCB in a match the brewers will be out to make amends after failing to register a win in their last two matches.

KCB were humiliated 6-1 by league leaders and defending champions K'Ogalo last Sunday, but will take comfort in the fact that they beat the brewers 1-0 in the reverse fixture three months ago. KCB assistant coach yesterday Elvis Ayany submitted that his players are short in confidence ahead of this tie.

In other matches, Thika United welcome Bandari at the Thika Municipal Stadium, while Western Stima and Muhoroni Youth clash at the Moi Stadium in Kisumu.



Gor Mahia's Michael Olunga controls the under pressure from Calvin Masawa Museve of Nairobi City Stars during their KPL match at City Stadium on April 15.

WEEKEND FIXTURES

Today: Thika United v Bandari (Thika Stadium), Western Stima v Muhoroni Youth (Moi Kisumu), Gor Mahia v City Stars (Nyayo Stadium)
Tomorrow: Mathare United vs Ushuru (Nyayo Stadium), Chemelil Sugar vs SonySugar, (Moi Kisumu), Tusker vs KCB (Nyayo Stadium)

FILE | NATION

Lung'aho's charges set up base in Japan ahead of WC



MARTIN MUKANGU | NATION

National women's volleyball team players celebrate with the trophy after winning the Women's Africa Nations Championships final against Algeria at Safaricom Indoor Arena. The team is in Japan for the FIVB World Cup.

BY DAVID KWALIMWA
in Hitachi Rivale, Japan

The national women's volleyball team yesterday arrived in Japan for a one-week training session ahead of the 2015 FIVB World Cup.

The team touched down at the Narita International Airport in Tokyo after a day-long trip from Nairobi.

The squad, led by veteran coach David Lung'aho and captain Brackides Agala, is here to compete at the 2015 FIVB women's World Cup, a premier competition of bringing together 12 teams and which will be played over over 14 days starting a week from now.

Lung'aho is hopeful this team, which qualified for this tournament after winning the African title in June, will make adequate use of the remaining days till the start of the competition to prepare adequately by acclimating to temperatures here reaching 33 degrees celsius.

The team will be away from possible distractions that comes with training

at home.

"The weather plays a significant role on how an athlete's body reacts in a match. It normally requires one to three days to adapt to new weather, surroundings and change in time zones. Coming here early should therefore work to our advantage," Lung'aho said.

“

Weather plays a significant role on how an athlete's body reacts in a match... Coming here early should therefore work to our advantage”

David Lung'aho, volleyball coach

The team, which comprises six Kenya Prisons officers cum players and another six from league champions Kenya Pipeline, has already set up camp at Hitachi Rivale complex in Ibaraki Province, a two-hour drive from the capital Tokyo.

Homeboys out to defend Meru Sevens tourney title

BY AGNES ABOO
aaboo@ke.nationmedia.com

Defending champions Homeboys will seek to retain their title at this year's edition of the Meru Sevens rugby tournament.

Last year, Homeboys were crowned champions after winning the annual tournament which featured teams from Meru County. This year's edition will however feature teams from the larger Mt Kenya region.

Some of the teams expected to participate in the tournament are

Kenya Methodist University, newly-formed team Riam, Meru University, Meru Rugby Club, Kenya Medical Training College and Chuka Rugby Club.

Nurturing talent

The Meru Sevens, sponsored by Kenya Breweries Limited, seeks to nurture rugby talent in the region.

This year' organizers have changed the venue to Meru Agricultural Society of Kenya Showground as its traditional home Kinoru Stadium is still under renovation.

Tournament organizer Richard Nyakwaka said preparations are underway for the tournament set for August 29 and 30.

"We are expecting more teams this year compared to last year's event," said Nyakwaka.

He appealed to the county government to support the tournament.

“


We are expecting more teams this year compared to last year's event”

Richard Nyakwaka, Meru Sevens organiser

“

People should stop judging us based on statistics. I know that Gor Mahia are very strong and that they are unbeaten. Everybody knows that. But if we approach our matches with that kind of mentality then we will never get even one point”

Gabriel Njoroge, City Stars coach



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YOU WIN WHEN ALL 13 PREDICTIONS ARE CORRECT
JACKPOT IS EQUALLY SHARED AMONGST ALL WINNERS.

PREDICTIONS

DATE	TIME	GAME	1	X	2
1. 15.08.15	17:00	SUNDERLAND vs NORWICH CITY	2.41	3.09	2.93
2. 15.08.15	17:00	ROSS COUNTY vs HEARTS	2.51	3.14	2.31
3. 15.08.15	17:00	FULHAM vs BRIGHTON	2.28	3.09	2.79
4. 15.08.15	17:00	BRISTOL CITY vs BRENTFORD	2.58	3.13	2.42
5. 15.08.15	17:00	HUDDERSFIELD vs BLACKBURN	2.37	3.08	2.68
6. 15.08.15	17:00	AARHUS vs AALBORG BK	2.58	3.13	2.42
7. 15.08.15	21:00	ANGERS vs NANTES	2.41	2.93	3.09
8. 15.08.15	21:00	CAEN vs TOULOUSE	2.36	3.15	2.94
9. 16.08.15	14:00	WOLVES vs HULL CITY	2.41	3.08	2.77
10. 16.08.15	14:30	ST. PAULI vs GREUTHER FURTH	2.35	2.89	2.64
11. 16.08.15	14:30	DUISBURG vs BIELEFELD	2.37	2.96	2.57
12. 16.08.15	18:00	MANCHESTER CITY vs CHELSEA	2.03	3.28	3.54
13. 16.08.15	19:00	ODENSE BK vs RANDERS	2.41	3.05	2.46

LAST WEEK'S JACKPOT RESULT SET
2 1 2 2 2 1 2 1 X X 1 X X

LAST WEEK'S JACKPOT BONUS AMOUNTS
12 out of 13 correct predictions : NO CORRECT PREDICTIONS
11 out of 13 correct predictions : Ksh 213,011
10 out of 13 correct predictions : Ksh 19,018

MATCHES HIGHLIGHTS
"1" is HOME WIN "X" is DRAW "2" is AWAY TEAM WIN
The teams in the game are always listed in the order:
GAME ID, HOME TEAM and VISITING TEAM

PREDICTIONS


DATE	TIME	GAME ID	GAME	1	X	2
15.08.15	14:30	8224	BURNLEY vs BIRMINGHAM	1.79	3.32	4.19
15.08.15	14:45	2593	SOUTHAMPTON vs EVERTON	1.89	3.35	3.98
15.08.15	16:30	2232	MAINZ vs FC INGOLSTADT	1.99	3.29	3.66
15.08.15	16:30	7580	ZENIT ST PETERSBURG vs FC KRASNODAR	1.51	3.62	5.53
15.08.15	16:30	9652	BAYER LEVERKUSEN vs HOFFENHEIM	1.52	4.19	5.49
15.08.15	16:30	9759	AUGSBURG vs HERTHA	1.98	3.23	3.76
15.08.15	16:30	9880	WERDER vs SCHALKE 04	2.94	3.36	2.26
15.08.15	17:00	1236	FULHAM vs BRIGHTON	2.38	3.10	2.79
15.08.15	17:00	1336	SUNDERLAND vs NORWICH CITY	2.41	3.09	2.93
15.08.15	17:00	2733	BRISTOL CITY vs BRENTFORD	2.62	3.19	2.47
15.08.15	17:00	2740	NOTTINGHAM vs ROTHERHAM	1.79	3.43	3.99
15.08.15	17:00	2877	WATFORD vs WEST BROMWICH	2.19	3.18	3.23
15.08.15	17:00	5000	SWANSEA vs NEWCASTLE	1.87	3.38	4.00
15.08.15	17:00	5798	TOTTENHAM vs STOKE CITY	1.73	3.57	4.51
15.08.15	17:00	6636	MK DONS vs PRESTON	2.11	3.19	3.19
15.08.15	17:00	8025	WEST HAM vs LEICESTER	2.20	3.30	3.09
15.08.15	17:00	8027	IPSWICH vs SHEFFIELD WED	2.06	3.14	3.39
15.08.15	18:00	5339	ST. ETIENNE vs BORDEAUX	1.94	3.14	4.08
15.08.15	19:15	5632	QPR vs CARDIFF	2.00	3.23	3.44
15.08.15	19:30	4592	BORUSSIA DORTMUND vs B MONCHENGLADBACH	1.71	3.64	4.52
15.08.15	20:45	4567	AJAX vs WILLEM II	1.33	4.72	7.19
15.08.15	21:00	6920	GUINGAMP vs LYON	3.32	3.16	2.16
15.08.15	21:30	3249	KUBAN KRASNODAR vs RUBIN KAZAN	2.06	3.01	3.31
15.08.15	22:00	2927	SIVASSPOR vs GALATASARAY	3.05	3.19	1.97
15.08.15	22:45	7630	PORTO vs VITORIA GUIMARAES	1.17	5.29	13.34



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SHOWDOWN IN MANCHESTER | Last season both league meetings ended 1-1

City vs Chelsea: There'll

English champs, missing keeper Courtois and team doctor Carneiro, take on bitter title rivals tomorrow

London

Premier League champions Chelsea travel to Manchester City, last season's runners-up, tomorrow with manager Jose Mourinho embroiled in a growing row over accusations he has sidelined team doctor Eva Carneiro. British media reports claim Carneiro will no longer attend matches or training sessions after Mourinho reacted furiously to the sight of her and physiotherapist Jon Fearn running on to the pitch to treat Eden Hazard during the latter stages of last weekend's opening 2-2 draw at home to Swansea City, which temporarily reduced Chelsea to nine players.

The outspoken Mourinho, who said that Carneiro and Fearn had been "impulsive and naive", has received widespread criticism, with Liverpool's former head of sports medicine Peter Brukner branding his behaviour "absolutely appalling".

Chelsea will be without goalkeeper Thibaut Courtois, sent off against Swansea, but have a more than capable deputy in former Stoke City number one Asmir Begovic.

“Whether I start or not remains to be seen. I'm trying to get there and be in top condition, but arriving for pre-season later having taken part in the Copa America with Argentina means I need some additional time”

Sergio Aguero, Man City striker

Both last season's league meetings between Chelsea and their title rivals ended in 1-1 draws but City will have hope of a win after starting this campaign with an impressive 3-0 victory away to West Bromwich Albion on Monday.

Sergio Aguero may not be in their starting side after the striker played just the final 27 minutes against the Baggies following his return from international duty with Argentina.

“Whether I start or not remains to be seen,” Aguero told City's website.

“I'm trying to get there and be in top condition, but arriving for pre-season later having taken part in the Copa America with Argentina means I need some additional time,” added the forward, who scored 32 goals in 41 appearances for City last term.

“With the whole season in mind, what matters the most is that I get in top form and don't take any risks.”



Southampton are to set receive a double boost today when they face Everton at St Mary's. Dutch manager Ronald Koeman is in line to return after missing last weekend's 2-2 draw with Newcastle United

because of Achilles tendon surgery and the Everton game could see the Saints hand a club debut to former Chelsea midfielder Oriel Romeu.

This will be Southampton's first home league game since they signed off in May with a 6-1 victory over Aston Villa, a game marked by Sadio Mane's 176-second hat-trick, the Premier League's fastest ever.

“It was nice to end the season like that at St Mary's,” Mane said. “I will try and score more than last season.”

Newcastle travel to Swansea looking to build on their point against the Saints, while Tottenham Hotspur — undone by Kyle Walker's own goal in a 1-0 defeat by Manchester United — will look to bounce back at home to Stoke. West Ham United, whose 2-0 win away to Arsenal was arguably the shock result of the first weekend, are at home to Leicester City — themselves 4-2 winners over Sunderland. (AFP)

FIXTURES	
Today	
Kick off 5pm unless stated	
Southampton v Everton (2.45pm), Sunderland v Norwich City, Swansea City v Newcastle	
Tottenham Hotspur v Stoke City, Watford v West Bromwich Albion, West Ham v Leicester	
Tomorrow	
Crystal Palace v Arsenal (3.30pm)	
Manchester City v Chelsea (6pm)	
Stoke City v Liverpool (6pm)	
Monday	
Liverpool v Bournemouth (10pm)	

FIFA MAN DEFENDS DOC | We have to defend the position of the doctor, says Dvorak

be blue blood at the Etihad



Arsenal manager Wenger throws his weight behind Carneiro, says doctor was just following the rules

London

Arsenal manager Arsene Wenger said yesterday that Chelsea's first-team doctor had been clearly following the rules in the incident that has reportedly seen her demoted by manager Jose Mourinho.

British press reports claim Mourinho has sidelined Eva Carneiro and physiotherapist Jon Fearn from matches and training sessions after they angered him by running onto the pitch to treat Eden Hazard during the latter stages of Chelsea's 2-2 draw with Swansea City last weekend, temporarily reducing his team to nine players.

Mourinho has been strongly criticised over the reports and Wenger said that it was dangerous for a manager to do anything that might damage unity within his club.

"It is a problem inside the club that if you are not united, it is more difficult. It is the trust and unity that makes the strength," the Frenchman, a long-time Mourinho adversary, told a press conference.

"You know you speak about that story at Chelsea. First of all I have not followed that as you know I do not have great interest about what is going on at Chelsea."

"Secondly the rules are quite clear that when the referee gives an indication that the medical (staff) can come on, they come on. 'After that what happens specifically in the situation I don't know, but the rules are quite clear. It is the referee who makes the decision.' Fifa's chief medical officer Jiri Dvorak has also spoken out in support of 41-year-old Carneiro, a Chelsea employee since 2009.

"I can't see such a situation and we have to defend the position of the doctor," he told Sky Sports News. "Everyone involved has to respect the fact the doctor is in charge."

"I don't want to interfere with the club as such, but I would endorse clearly what the team doctor and the physiotherapist did. When they were asked, they had to come on to the pitch."

At the same time, midfielder Jack Wilshere is back in training and could



“

You know you speak about that story at Chelsea. First of all I have not followed that as you know I do not have great interest about what is going on at Chelsea. Secondly the rules are quite clear that when the referee gives an indication that the medical (staff) can come on, they come on... the rules are quite clear. It is the referee who makes the decision"

Arsene Wenger, Arsenal manager

return in two weeks. Wilshere, 23, suffered a hairline fracture to his right ankle in training on 1 August and it was thought he could miss up to two months. But Wenger said the player's expected recovery time was three to four weeks.

He also confirmed Danny Welbeck, who has not played since April, is at least three weeks away from returning from a knee injury. Tomas Rosicky has had knee surgery and will be out for over two months. (AFP)

BRIEFLY

BERLIN

De Bruyne speculation annoys Wolfsburg boss

Wolfsburg coach Dieter Hecking says he is irritated by constant media speculation on whether Kevin de Bruyne will sign for Manchester City, with the English giants poised to swoop for the star midfielder.

"It's annoying, because the questions are always the same and we can't give a different answer," said Hecking, who steered Wolfsburg to the German Cup last season and this year's Super Cup after beating Bayern Munich on penalties two weeks ago. "I have no desire to answer these questions anymore. This club has made it's position clear."

De Bruyne was named Germany's player of the season in 2014/15.

GLASGOW

Celtic will cut out mistakes, says Bitton

Celtic midfielder Nir Bitton says the Glasgow giants will work hard to eradicate the sloppiness that cost them victory against Kilmarnock on Wednesday.

The Hoops host Inverness Caledonian Thistle at Celtic Park today after twice being pegged back by Killie as the Scottish Premiership's basement club held the defending champions to a 2-2 draw at Rugby Park.

Leigh Griffiths had given the Parkhead club an early lead and they went on to miss a host of chances before Josh Magennis equalised right before the break.

Israeli international Bitton then got on the scoresheet with a sensational strike but Kallum Higgins botham slotted home a late penalty for the home side.

PARIS

David versus Goliath as PSG host Ajaccio

One of the smallest clubs ever to play in France's top flight could be in for a rude awakening tomorrow when Corsican minnows Gazelec Ajaccio face Paris Saint-Germain at the Parc des Princes.

PSG began their quest for a fourth consecutive Ligue 1 title with a 1-0 victory at Lille last weekend, despite playing more than an hour with 10 men following Adrien Rabiot's sending-off.

Laurent Blanc's side will now be looking for a 15th successive win in domestic competition when they entertain newly-promoted Gazelec in the capital.

RIO DE JANEIRO

Kaka returns to Brazil squad, Thiago dropped

Kaka has been recalled to the Brazil squad for next month's friendly double-header against the United States and Costa Rica, while Neymar is included but Thiago Silva is dropped. The 33-year-old Orlando City playmaker Kaka becomes the first player based in Major League Soccer to be called up by Brazil as coach Dunga makes a host of changes to his squad after a disappointing Copa America.

"Kaka is a reference and we are bringing him to provide his experience, maturity," Globoesporte reported Dunga as saying. "He will have an important job on and off the pitch." Neymar is named in the squad despite currently suffering from a bout of the mumps.

Defiant Mourinho confirms demotion of medical duo

London

Chelsea manager Jose Mourinho yesterday confirmed reports that team doctor Eva Carneiro and head physiotherapist Jon Fearn have been removed from match-day duties, but said it was not permanent.

Mourinho was angered when Carneiro and Fearn ran on to treat Eden Hazard during last weekend's 2-2 draw with Swansea City, which temporarily left Chelsea with nine players due to Thibaut Courtois's earlier dismissal.

Reports emerged on Tuesday that Carneiro and Fearn would no longer attend matches or training sessions,

but while Mourinho said they would not be on the bench for tomorrow's game at Manchester City, it was not a permanent move. "Jon Fearn and Dr Carneiro will not be on the bench, but it doesn't mean Sunday is the rest of our season or our careers," Mourinho said at his weekly press conference.

"They won't be on the bench on Sunday. That's



clear, it's my decision, my responsibility, but it doesn't mean they won't be in the future."

Mourinho did not disclose why Carneiro and Fearn had been sidelined for the trip to the Etihad Stadium, but said that he had a "very, very good relationship" with his medical department. "You can take your conclusion from what I told you about my relations with everyone who works

with me. Or with the majority of the persons who work with me. "It is an open relation, it is a relation that is open to disagreement, it is a relation that is open to critic. The game is a very emotional space for all of us."

"If a player has a bad reaction with a colleague, if a player has a bad reaction towards any member of the staff...football is football, and the match is a match and everything in the match can be different. "And especially after the meeting I had with my medical staff yesterday where I got enough feedback to understand the way we are doing things together since two years ago." (AFP)



KENYAN PREMIER LEAGUE
Champions Gor Mahia take on struggling City Stars, Tusker face KCB. P. 49



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ATHLETICS

**KIPRUTO, KAMWOROR
READY FOR WORLDS**

Kenya's track stars going for glory in 2015 global championships in Beijing.

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Saturday Nation



BARCLAYS PREMIER LEAGUE | Chilean manager Pellegrini renews rivalry with Mourinho

Blue showdown in Manchester



Manchester City host Chelsea at the Etihad, Arsenal travel to Crystal Palace. P. 50-51

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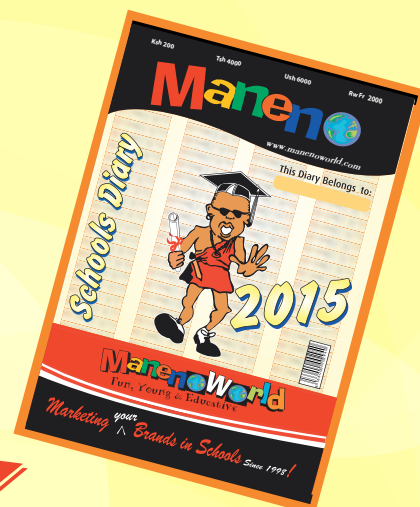
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From the editor

This week we're wading into some pretty controversial territory; we'll be taking a look at the vaccine debate and whether the Church has any basis to its anti-vaccine claims.

Last year the Church was up in arms over a tetanus jab that women of child-bearing age were supposed to get. And with absolutely no proof of the claim that it makes women infertile, the Church leadership went on to encourage women to forgo this important vaccine.

This year the Church is once again up in arms over the polio vaccine drive currently taking place in the country. Any mother will tell you that these intermittent polio drives have been taking place over the last two to three years with absolutely no protest from the Catholic Church... until now. Why? Who is gaining from this? And who stands to lose, apart from our children, who deserve the best care our government can give them against public health threats?

Last year, while I was trying to find out what basis the Catholic Church had as its claims, I went to everyone's go-to source for information – Google. And what struck me very quickly was that a huge part of the problem that the Catholic Church is facing is the improper use of search engines.

One of the search tools we all have at our fingertips is all the search engines we can access at our fingertips – Google, Bing, Yahoo and others. As a journalist, I use these tools often because they are easy – and I can access information across the planet without having to spend money on expensive phone calls and trips.

But we must all remember that anyone can post anything on the web. I do not have to be a scientist to open up a website with my pseudo-science. I don't have to be a chef to post recipes. I don't have to be a therapist to start a website offering counselling and therapy. I don't have to have seen a UFO to claim that aliens exist on my website. And I don't have to be a doctor

to claim that a particular vaccine has harmed a few people; all I need is the ability to put two and two together, come up with 68, build a website to announce that result and then have someone come along and read it believing that if it is on the Internet, it must be true!

The lesson for this week? Interrogate everything. Question every source. Don't believe the rumours. Wait for people who can show you facts to show them to you. Have a lovely weekend, all!

Wayua Muli
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Briana Atick wears a green crop top and a floral print umbrella skirt from Jade Collection, and a detailed puppet pendant from Kache. Styling by Lydia Omolo.



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EDITOR'S BAROMETER

Five packing tips for a short trip away

1. Put plastic wrap between the bottle and caps of toiletries to prevent spillage.
2. Roll up your clothes instead of folding to use space more efficiently.
3. Choose clothes made of blends of polyester or nylon to reduce the probability of wrinkling.
4. Stick to a colour scheme. A dark palette hides stains and easily sails from day to night events.
5. Satisfy your craving for variety with colourful belts, jewellery and scarves.



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Family secrets laid bare

Kate Getao's article on what children reveal in school about their families was spot on. I am a teacher and I often get to hear a lot of what goes on at my charges' homes. However, much of the information is unsolicited. Children see and hear many things which puzzle or worry them at home and when they are unable to get satisfactory answers from parents, they turn to the one person whose answer they trust – the teacher.

trust –the teacher. A friend of mine had a grandson who believed that grandpa was his father until one day the teacher taught the topic “The family” and the child realised that grandpa was not his dad. Of course my friend had a lot of explanation to do. So, while it may be embarrassing, I would ask parents to let their toddlers reveal family secrets – it’s healthy for the child and, more important, teachers get to understand their pupils and even notice any harm that a child may be exposed to. Moreover, this spilling of the beans only happens in the lower classes and stops after that. Go on, let them talk about the family’s secrets, a situation might be saved as a result. **Teresia Atieno, via email**

Kate's article on how children spill the beans about their families at school was spot on and hilarious. It reminded me of the time our twins were six years old. I used to travel a lot for work-related business, and unknown to me, whenever I was away, my wife would allow the kids to sleep with her in our bed. This was a treat the children always looked forward to. One time they misbehaved and as punishment, the special treat was withdrawn. So when they came to pick me up at the airport the following day, the first thing they told me in unison was, "Daddy, Daddy, this time no one slept with mum..." **Lichina Libale,**

Mtwapa

Modern men

I submit that Jackson Biko was very much on point with his views on the man of today, and the challenges he faces as compared to his predecessors. The society demands more of men today than was demanded of men in the past. We are expected to take on more responsibility. One of the challenges we face as men of today, is dealing



Thank you Biko for outlining the changes and challenges that the modern man faces in society today. Unlike before when a man was weighed on the strength of his character, today men are judged based on the amount of money and material wealth that they have. Biko should also do a piece on the modern woman. She is a very strange breed; she says that she needs a real man, yet no part of her body is real – from fake hair and breasts to fake bums, today's woman is the epitome of fakeness. **Stanely Waitagei, via email**

Stop torturing men

Last Saturday's editor's note was in bad taste and an insult to men. It goes to show that Kenyan women are full of contempt for men. Why should a woman go into a man's bed, and then say no and cry rape? It sounds as if men are expected to be robots, with no feelings, to be manipulated and used by women as they please. Please note that men, just like women, have feelings. And when a woman shows signs of consent, a man's body begins to prepare itself for sex. Thus going into a man's bed and then saying no in the middle of the act, is torturous to men.

Kenyan women have developed a misconception that their body is more special than that of men and if that is what they think, then they should keep their bodies to themselves and leave men alone. Wayua Muli, wrote that men should be taught to respect women's bodies, but women too should be taught to respect men's bodies instead of playing around with them like toys and causing men to be sent to jail. **Francis Ndungu Waweru, Nairobi**

with the modern woman; she is so far removed from the women our mothers and grandmothers were. One more thing I have noticed about our generation, is that the man of today is not allowed to be broke and ugly; apparently he has to pick a struggle or in Biko's words "look for a tree to love him back." It is so much harder to be a man now than it ever was.

**Njuguna K.,
Nairobi**

It's okay to not afford it

Waceke Nduati-Omanga's piece last weekend highlighted how many of us are enslaved to debt because we care too much about what other people think of us. As the saying goes, we end up spending money we don't have, to buy things we don't need, to impress people we don't know. Imitating people who seem to be doing better than you and striving to lead a lifestyle similar to what they lead, is the start of financial woes for many people. To avoid falling into the trap of even spending money we don't have to keep up appearances, we have to be honest with ourselves about what we can afford at any given time and what we need to relinquish for the time being. It may not feel comfortable to scale down, but there are times that call for it. **Franklin Mukembu, Kajuki-Nithi**

Things kids say

The article by Simon Mburu on the hilarious and embarrassing things that kids say and do made my day. It reminded me of a friend who once told me that she prefers working with children because their intentions are so pure whenever they say or do something. A child can tell you she loves you and you will know that it is the truth, unlike an adult who will lie to you that she loves you, knowing very well that she doesn't. If we all emulated children, the world would be a better place. **Lydia Nyambura, via email**

Influence of absent parents on relationships

I enjoyed reading the relationships piece by Florence Bett titled “How an absent parent shapes your love life.” It contained information that would help children of single-parent homes understand why they behave the way they do when it comes to matters of love. Such children may not have a blueprint of love from the parent of the opposite sex to refer to when they are relating with people of the opposite sex in adulthood. Florence’s piece was balanced and it also educated readers on how to adjust from their eccentricities by observing models of stable relationships around them.

Emmanuel Bideri, via email



BRAND MANAGEMENT



How to be your own PR machine

If you are an upwardly-mobile woman hoping to achieve career and personal success, it will help if you think of yourself as a brand. Be meticulous about brand ME, the way companies are about their brands. They package them to fit a niche market and they create the best PR for their precious brands. They do not allow the brand to grow haphazardly with all kinds of myths surrounding it. They hire the best public relations people to handle what goes out and what stays in. When it comes to YOU the brand, the best public relations machinery you can employ is yourself. Create and manage your own PR to propel you where you wish to go. Here are some ways to help you get started:

■ Define yourself as early as possible

It is common to find women being categorised into various pigeonholes. These characterisations are based on nothing more than the career you have chosen. More often than not, these definitions are usually incorrect. You cannot be defined by what others think of your job. You therefore have to make the distinction early in your career by making it clear that you are a separate person from your career. For example: not all models are divas, and not all lawyers are tough. Once you put across the type of person you really are, it will work to your advantage where you are not lumped with the stereotyped image.

■ Watch what you say about yourself

In the same way that companies do not discuss the weaknesses of their brands, focus on your strengths. Do not mouth anything you feel will work against you. For example, some people say things like “I never went to college and yet I have achieved all this” or “I have received no formal training in this line of work, yet I am an expert”. This is often said in a bid to impress others or to show how humble their beginnings were. However, it backfires sometimes and could be construed as a weakness, or being unqualified no matter how good you are at something. Do not lie about your qualifications, but do not emphasise your lack of them either.

■ Decide what you want to be

You cannot be all things to all people. As part of your PR, decide what you are for once and for all. Are you a city girl, country girl, glamour queen, empire-builder, family type, executive? If you are constantly changing, you will appear confused and undecided.

– IRENE NJOROGÉ-KRISTIAN
(etiquette lecturer)

FLAKES: KATE GETAO

A heavy load

I arrived at my rented accommodation in a foreign land and was wise enough to greet my neighbour. She immediately informed me that, "Please note that load shedding will begin in 20 minutes." I wondered what she meant by this. Could our neighbourhood be engaging in some sort of synchronised slimming exercise? She observed my confusion and explained that an electricity-rationing effort was in force whereby each suburb remained without electricity at strictly specified periods each week. Our suburb was scheduled to be without power from 8 to 10pm for three weekdays.

Since it was a wintry evening and I was hungry, dirty and tired, my prioritisation gear immediately kicked into force. What was the biggest necessity to secure in the next 18 minutes – heat, light, hot water or hot food? Quick as a flash I put the kettle to boil and all the cooker burners to full heat. I then went back to the friendly neighbour and begged a source of light; she gave me a candle and a box of matches. By the time the power went off, on schedule, I had a lukewarm snack, half a bucket of hot water and a burning candle that refused to stand on its own. They say that necessity is the mother of invention and I soon discovered that you can convert an empty yoghurt tub into an effective candle stand (and no, it is not just a matter of pouring hot wax into the tub and standing the candle in it.) Despite the load shedding I was able to climb into bed clean, fed and relatively warm. However, as you can imagine, this experience focused my mind on loads.

Loads are burdens that are placed upon us and that are difficult, or at least uncomfortable, to carry. Whenever I complained about a burden in my youth my mother repeated the traditional saying

that, "Every elephant must carry its own tusks." I would have liked to argue that I was neither an elephant nor did I possess tusks. (Okay my brother and sisters teased me about having teeth that are shaped like fangs,

My mother always said, "Every elephant must carry its own tusks."

but they did not by any means protrude to the extent of being described as tusks!) However, I am sure that my defense would

have fallen on deaf ears, so I went ahead and bore the load of the day.

But loads continue to haunt me. I am sure that you have shared that experience on a busy Saturday morning when you are in a hurry and desperately searching for that rare parking slot. Just then you spot an opening and step on the accelerator to rush there before some other wise guy sees the opportunity – only to find that irritating little sign that says "Loading Zone. No Parking." In the meantime, of course, a legitimate slot becomes available and the guy you were viciously denying the Loading Zone gets it! And the elephant, tusks and all, becomes psychologically burdened!

And what about those lorries that tie a little red flag onto some object that is protruding from the back of the truck, or worse still those that are marked "wide

load" to indicate that they are taking up more space than they would normally be allowed. If you have ever been perched on the edge of a shared seat in a public service vehicle then you are probably of the opinion that some human beings should also be labelled "wide load" to warn their companions to keep their distance or get knocked out of the way.

Load balancing is a concept in computer science where the workload is equitably shared among computers so that no one computer is overwhelmed with work. I guess many people would like to see load balancing applied in their workplaces. You can also try load balancing by sharing your shopping between your right and left hands (yes, the other hand is not just a spare in case of accident!) to avoid forming your spine into a question mark. Or maybe you solve that one by just letting your spouse carry the whole lot!

However, if you are heavily burdened this weekend, try load shedding by reading the Bible verse Matthew 11:28-30.



Send your feedback to satmag@ke.nationmedia.com



BY JOAN THATIAH

Preparing women for the road

Hawa Kombo, 27, is the manager of Ladybug Driving School in Nairobi.

"My youngest driving student is 18 and my oldest 58, but still, as varied as their ages may be, when I meet them for the first time, most of them have the same fears. They are seeking a comfortable environment to learn in. I know that driving is heavily psychological and I understand their fears.

"The Ladybug Driving School is for female drivers. Our instructors are also women. Like most days, I began work at 8 am by touching base with the team. As a manager, my job entails seeing that our clients' needs are met and that everything runs smoothly. Most important, that when the clients finally take their cars to the roads, they feel confident about it. This means that in addition to driving, they receive safety lessons. So they not only know how to drive safely but also what to do in the

event of a carjacking. My ultimate dream is to see confident female drivers: ladies driving trailers and taxis; ladies who don't feel a need to hire personal drivers.

"The bulk of the lessons is in the afternoon. I spent a few hours online interacting with prospective clients. The best thing about working with women is that they like to talk and they don't lie. If a woman is not pleased with something, she will say it. That means for me, feedback is honest and almost always instant.

"In between face-to-face and online business meetings, I get to meet the clients. Hardly a day goes by without hearing about a past encounter with a brash instructor. For this reason, before anything else, we make sure that the team, of instructors is amiable. We also offer home pick-up and drop-off services before and after classes just so that the ladies feel at home. There are all

sorts of clients, the shy ones, the religious ones, the confident ones and even the barely adult unruly ones. I have learnt over time to read every person I meet quickly so that I know how to handle her. Many things can go wrong at work. What I have to deal with repeatedly are missed class appointments. When it happens, we re-arrange the day.

"My day ended at 5 pm. Some evenings, I attend community service events. If today was Friday, I would have attended a Rotaract club meeting, where I get to meet different professionals on a weekly basis. I believe it helps me expand my scope. This evening though, I went straight home to spend some time with my two-year-old niece. A few minutes spent running around with her are usually therapeutic.

"I took stock of my day before turning in at 11 pm."

**DAY
IN THE
LIFE**

MAINFEATURE

What's all the

Stuck between the Catholic Church's recent opposition to polio vaccination over safety concerns, and the Ministry of Health who have been exhorting parents to give their young ones multiple polio vaccines, are mothers who don't understand the science behind all these arguments.

On one hand, the Director of Medical Services, Nicholas

Muraguri is counting on the vaccination drive to contain the possibility that Kenya's porous borders may have allowed polio into the country. On the other hand, the Church is concerned about the composition of these vaccines, terming some of them dangerous to their recipients.

It has so far been up to mothers to decide what is good for their children – but with the debate on various vaccines becoming more heated, more and more mothers are starting to get sceptical about their vaccine decisions.

The *Saturday Magazine's* conversations with parents show that many have genuine concerns that have put them under a lot of stress. Many have found themselves oscillating between fear and belief of either side of the debate, depending on past experiences and their intrinsic need to protect their children. We tabled these questions to the medical fraternity as well as the Catholic Church's health committee.

Notably, the Catholic Church has disavowed their stand on the vaccination. Embu Bishop

Before a drug reaches clinical trials alone, it has been tested for safety many times

Paul Kariuki Njiru, who heads the church's Health Commission, accepted the test results which were released on Wednesday last week, declaring the vaccines safe. He was not available for further comment.

Dr Stephen Karanja, the most vocal critic of the vaccine, insists that he conducted his own tests that still put the safety of the vaccines in disrepute. He declined to comment or to release these results when contacted.

Can we really trust our doctors?

Thirty-one-year-old teacher and mother of two, Christine Mwangi, has harboured a mistrust of doctors ever since her son died after he was misdiagnosed. This was in 2013 when she took him to a renowned hospital to have his coughing and difficulty in breathing checked. The doctor there diagnosed a bacterial infection.

"I felt he had missed something but I brushed it aside because I was not a doctor," she said. By the time it was discovered that the illness was actually tuberculosis, the boy had become critically unwell. He died, along with her unshakable belief in science.

Last year the Catholic Church was up in arms over the tetanus jab. This year it's the polio vaccine. **Verah Okeyo** talks to doctors in an effort to help confused parents figure out who is telling the truth in this debate.

noise over vaccines?

Now Christine believes that the doctors—even though well-meaning—were wrong then, and they could be wrong now on vaccination.

As this discussion raged on, she watched the news, hoping that someone would answer her vaccination questions conclusively. "I wanted the Ministry of Health to say 'this vaccine is safe because it contains A, B, C that does A, B, C to my child's body to prevent polio' as opposed to 'it is safe because it has undergone rigorous tests'" she says, adding that, "Even the tests that were run on my deceased son were rigorous."

Dr Elly Nyaim, chair of Kenya Medical Association (KMA) has in the past said that charlatans and misinformation abound where there is lack of proper communication. "Apart from engaging the Catholic Church on time, the government should also have carried out public awareness (campaigns) so that mothers know the importance of the exercise they were about to participate in," Dr Nyaim said.

Meanwhile, a Catholic priest from Bondo, Professor Charles Oduke, has spoken in support of the vaccination efforts. "The science community is one of the most disciplined I have ever seen. Before a drug reaches clinical trials alone, there are many independent bodies and researchers, who may even be from Africa, who have looked at that drug to make it as safe as possible. Surely the benefits of a vaccine far outweigh the side effects," he adds.

In Kenya, vaccinations undergo rigorous tests at

the Pharmacy and Poisons Board (PPB) under the watch of the Ministry of Health and the country health representatives of the World Health Organisation (WHO). Additionally, a taskforce constituting paediatricians in public and private practice, and other health workers, has been constituted to ensure proper administration of vaccination.

Meanwhile, the cost of ignoring vaccination can be high. In 2003, Nigeria was listed by the WHO as one of a few countries left in the world still harbouring wild polio. At that time, Nigeria recorded more than half of the world's cases of polio, because religious leaders opposed the polio vaccination. Only in 2012 was Nigeria declared polio-free.

Does it matter to me if others won't vaccinate their children?

Banker Anne Njiru, 37, has vaccinated her kids and doesn't really want to compel other parents to do so. "I mean, what can we do?"

We



What if the vaccination makes my child sick?

Mary Mwombe, a business owner from Kakamega, is worried that her two-year-old daughter, will not be strong enough to accommodate the pathogens introduced to her body through vaccines that train her body to mount an immune response. She is worried her daughter might actually get the disease.

David Githanga, the chair of the Kenya Paediatric Association and a member of the National Immunisation Taskforce says, "Vaccines induce a mild disease – as opposed to a severe, naturally occurring disease – to help the body build soldiers to protect against future attacks by that germ. Most unintended vaccine reactions are mild and temporary. They include mild pain or tenderness at the vaccination site. A fever may occur in five per cent of people within 7-12 days, and two per cent may get a temporary rash."

Why are there vaccines in private hospitals that is paid for and not in the list the government approves?

Milka Nyanchama, a salon owner, worries that her child may have missed out on life-saving vaccines given at private facilities and that are not in the government schedule.

According to the Ministry of Health, a child is considered to have received all basic vaccinations if he or she has received: a BCG vaccination against tuberculosis; three doses of DPT vaccine to prevent diphtheria, pertussis, and tetanus (or three doses of Pentavalent, which includes DPT and vaccinations against both hepatitis B and haemophilus influenza type B); at least three doses of polio vaccine and one dose of measles vaccine. These vaccinations should be received during the first year of life. Three doses of pneumococcal vaccine, and rota virus were added to this government schedule.

The other optional vaccines given to children in private facilities for which the parent has to pay protects the child against meningitis, typhoid, chicken pox and rabies.

The decision on which vaccines are to be in the government's schedule are based on the public health threat and the danger such diseases pose to the child and those around him. While chicken pox is contagious, children recover from it without damage.

A fever may occur in 5 per cent of people within 7-12 days, and 2 per cent may get a temporary rash."



GIRLTALK

LIZZIE'S WORLD
WITH LIZ LUNDI

I hear nothing from Harry on Monday, and the day goes quietly. I'm still feeling a little weak from my weekend illness so I head straight home after work and I am asleep before figuring out what I should eat for dinner.

Tuesday passes in similar fashion, but by Wednesday, I am back in top form and feeling a little stir-crazy, not having spoken to anyone except work colleagues the past two days. It's time to get out and socialise. And so I pick up my cell phone and call Fatma to see if she is free this evening for coffee or a drink or something.

"Sorry babe, I promised Steve I'd go to dinner with him and his family tonight," she sighs heavily. It's clear that this is not something she will enjoy doing, and I point out as much to her. "I'd love to find a way to cancel and come hang out with you but I promised him," she says.

I hang up and call Mariam. "Philip and I had made plans to go to the movies," she says.

"Oh my goodness, you're still together with that clown?!" I exclaim incredulously.

"Liz!" she yelps. Uh-oh. It seems my unfiltered observation has upset her. "I was going to ask if you wanted to come with us, and maybe ask him to bring one of his single friends along, but if that's the attitude you're going to take well then I retract my offer," she sniffs and hangs up.



Solo date night

Liz wants to go out but every one of her potential dates has other plans, so she decides to treat herself to a date for one.

Well then. So I strike Mariam off my list and call Jo, who I am absolutely sure will not be available – but I am desperate.

"I'm at home, sweetie," she trills. "Want to come over? My house is open to you especially if you promise to babysit and change a diaper or two while I catch a nap."

"That's not exactly my idea of a fun night out," I gripe.

"Oh!" Jo laughs. "I'm afraid you've come to the wrong address, love. We're all about babysitting here these days."

"Well, enjoy then," I say dejectedly. Then I hang up and stare at my phone, wondering

who else I could call. Alex? Oh hell no, especially after the drama on

I have no one to plan my days and evenings with. I am starting to feel odd

Saturday night when he turned up at my house and got upset that I was unwell and with company.

Harry? But he's upset with me – and truth be told, I'd rather spend an evening getting a tooth extracted – without anaesthesia – than spend a minute with his boring self. Just then I spot Louise walking past my office and shout her name.

"You called?" she asks, poking her head round the door jamb.

"What are you up to tonight?" I ask her.

"Bertha and I are going to a concert at my church," she says.

Bertha and Louise in church? Together? Church?? When did Bertha become a Christian – and when did those two get tight?

Have I been so self-absorbed that I haven't even noticed the developments going on around me? "Want to come with us?"

Again, a church service is not exactly my idea of fun things to do on a Wednesday night – I can barely make it to church on Sunday morning. So I wave her away and wish her all the enjoyment she can get, then go back to planning my evening.

It strikes me that, unlike my girls, I have no one to plan my days and evenings with. They all have someone. I am really starting to feel like the odd one out now. But today, I don't feel like letting that get me down.

"It looks like I am just going to have to take myself on a date, then," I decide. I have not treated myself to Indian cuisine in a while, and the thought of a nice chicken curry and garlic naan is making my mouth water and my stomach rumble, so I decide to drive down to this nice restaurant I know that I have often been on dates to, carry a good book and have a glass of dry red wine and I enjoy my own time. And who knows who I might meet while I am there...?

It doesn't take me long to pack up, touch up my face and head out to the car – that's how enthusiastic I am about tonight all of a sudden.

In the car, I am about to put my key in the ignition when I notice that my cell phone is ringing. Ah, it must be one of the girls calling to tell me that her plan has fallen through and can I hang out with her instead? So I fish my phone out of my handbag and without even looking at the display to see who it is, I hit the answer button...

RESEARCHCENTRE

BY JOAN THATIAH



Fatherhood makes men sexist

Following the birth of their first child, men's attitudes toward child care and household chores become more traditional. This is according to a new study by social scientists from the University of Queensland in Australia that examined the lives of 1,800 adults before and after the birth of their first child.

The respondents were asked to say how strongly they agreed or disagreed with certain statements. The statements cover issues such as being the breadwinner, maternity leave and social barriers. Before the birth of the firstborn, both sexes held the view that house chores should be shared equally between the sexes. The researchers observed that following the birth of their first child, the men's stance shifted to a more sexist one. They were now of the opinion that most of the housework and child care

were now a woman's responsibility. In fact both sexes seemed to share this sentiment. New fathers, however, seemed to feel more strongly that household chores should not be shared between the sexes.

Drastic change

Interestingly, there was found to be a huge change in reaction to the statement that 'a working mother can establish just as good a relationship with her children as a mother who does not work for pay'. After the birth of their first child, the number of men who supported this sentiment reduced drastically. New mothers on the other hand were found to be conflicted within themselves in regard to their views on motherhood and work. New mothers were found to be holding onto a broadened personal identity but with some internal

contradictions. The researchers think this is a result of a woman's difficulty in doing both paid work and being a full-time mother, which is the ideal. Men on the other hand seem to shrink a woman's identity to exclude that of a worker. The researchers concluded that this attitude has its roots in the society's attitude rather than biology.

Janeen Baxter, the study's author said, "When their first child is born, men and women grow more traditional in their gender attitudes towards mothering, as well as about who does the housework and caregiving."

The government can help kill these attitudes by having employers provide adequate time off work for both parents to allow them to create a model of child care that meets their specific family needs. As it is, the mother's role is prioritised perhaps explaining the man's attitude after birth.

GIRLTALK

WOMAN OF PASSION

The cleaning lady

For many years Florence Njenga, dreamt of starting a business venture of her own. She finally managed to find her sweet spot in cleaning bathrooms. She is the founder Bi-Son International Ltd, a domestic cleaning services company in Nairobi. By **Joan Thatiah**

When Florence Njenga had her firstborn son, she was barely out of her teens. She has spent most of her adult life fighting not to become a statistic, successfully so. After trying her hand at employment and then business twice and failing both times Florence finally found her passion a year ago. She now runs a successful domestic cleaning services company.

"I now feel in charge," she says.

This is the opposite of what she felt when she was unexpectedly thrust into motherhood eighteen years ago. She started right at the bottom of the food chain doing anything she could to pay the bills.

"I started as a waitress in a small restaurant in Nakuru. For six years, I worked in different places, moving up to the position of manager."

Finally, the repetitive nature of her job and the often late working hours got to her. Together with a friend, she left employment to start up her first business, a café. Given that she had years of experience in the field, the business picked up but soon crumbled because she and her partner had not agreed beforehand on the terms of the partnership. Frustrated, she packed her bags and left for Sudan. She got a job as a manager of yet another hotel.

"It was good but inside, I still yearned to start a business. I wanted to build something of my own."

HOW SHE DID IT:

- When things got rough, she learnt to lean in to regain her strength. She reckons that waiting for another person to reassure you might turn out to be unfruitful.
- She has surrounded herself with positive people in both her private and personal life to keep away negative energy.
- When it came to her choice of business, she wasn't choosy in regard to the nature of her business.
- When she failed, she retraced her steps to know what exactly she did wrong so that she could learn from it.

While there, she began her second business in providing events décor. This time round, she had done her research and the business thrived. Her client list grew through word of mouth and soon she was doing even state functions. During Valentine's Day in 2009, she imported fresh roses from Kenya which was a first in the country and she caused quite a stir.

"I was finally building something of my own but I was still so far from home. I wanted to build something at home. When I came for Christmas at the end of 2009, I decided to stay home and put my phone off and turned off my email."

Starting over back home wasn't as easy as she had envisioned and she found herself going back into employment, this time in marketing. It was very taxing for her back then but when she thinks about it now, her experience in insurance marketing has been an invaluable resource to her business.

"Insurance salesmen are relentless. Each 'no' is seen as just another opportunity. I have adopted the same attitude for my business."

Last year, she was finally ready to start a venture of her own. When there wasn't enough money to go around from her insurance job, she would run errands for her friends and go to their homes to fix their hair and nails. While at it, she noticed how many homes had stained bathrooms and toilets. There was a load of work to be done and yet no one was talking about it. Wanting to get it right this time, she sought training from a gentleman who runs a cleaning business. He has also turned out to be her mentor.

"I started cleaning my neighbours' and then friends' bathrooms. Slowly, even strangers were letting me into their houses."

She understands why a Kenyan might not trust easily when it comes to their personal space and has learnt to maintain a look that is both professional and welcoming. When she started, she was doing the cleaning singlehandedly but she now has a permanent team of five as well as casuals whose services she contracts depending on the job. Her team specialises in cleaning bathrooms: the bathtubs, toilets and sinks and tiles.

"Initially, not everyone took it well that I was cleaning toilets but I saw the end game and I kept at it. Now, I am able to both earn a decent living and spend ample time with my two sons."

She is set to take advantage of the current favourable business climate in the country to acquire funds to expand her business. But beyond business success, Florence dreams of being able to inspire another person.

"At the end of the day, I want to be able to give back to the society in this way."

MALEPERSPECTIVE

MANTALK
WITH JACKSON BIKO

I think women should work. All of them. I say this because I think women can do more with the money they earn than men... that is, after buying their shoes. A woman with Sh10, 000 can accomplish a lot more than a man with the same amount. We, men, will probably blow half of it to fix that noise in our car, then the rest on a beer and other miscellaneous things. A woman can build a castle with Sh10, 000. That's why they need to wake up in the morning, apply some lipstick, slip into their high heels and go kick the world's ass. The world is a much better place with a nation of working women rather than a nation of women waiting at home for their working husbands.

Humdrum life

There are men, wealthy men, who tell their wives, "Baby, (that's how wealthy men address their wives, pronounced "bebi"), I think you should quit your job, stay at home and raise our children." She will reply, "Oh, OK John. (Wealthy men are addressed by their first names)." Then the wife will quit her job at the bank and become a full-time wife and mother. She will wake up daily and give the maid instructions while she dresses up after which she will drop the kid to school and come back and spend the whole day breastfeeding the younger one, while watching *Say Yes To The Dress* and chatting with her friends in Minnesota. Maybe she has a nice garden at the back where she will prune the flowers and have someone fix the sprinkler. At 2pm she will have a salad and take a nap with the baby. Maybe in the morning she will slip into her matching Puma training gear and drive to the gym, after dropping off toto, where her personal trainer, a dark buffy guy, will hold her waist as she does squats to firm up her ass. At the weekend she will have her girls over, who will wow over her flowers as they sip expensive rosé and gossip about another friend of theirs who couldn't make it. She will do this every day of the week for years. A housewife with two degrees. A housewife who walked away from a career and herself.

Look, I know squat about how women make the decisions they make and quite frankly I don't want to wrap my head around it. But I don't think women should leave their careers and stay at home to raise the kids. First, for the obvious reason that kids will always turn out well if they grow up in a fairly stable and sane environment where the father doesn't walk around the house in his underwear carrying a bottle of beer. Or the mother isn't always aiming an iron at the man's head. Secondly, I want to imagine going to work gives women purpose. It doesn't matter what she is earning because anyway, you never really see (or know) what a woman is earning. What matters is that the job/career or whatever it may be, gives her purpose, makes her useful. It makes her exercise her mind. She is engaged. Take that away, relegate her to pruning plants and washing the cat with her degree in sociology and you have a big problem.

Fine, the whole stay-at-home thing will be fun right up until she starts to look at you and feel like she is getting the short end of

Relegate a woman to washing the cat with her degree in sociology and you have a big problem

the stick. You will come back home in the evening and talk about some meeting or sweet deal and she will sit there listening to you with rising jealousy because all she has to report about her day is that the baby bumped her head on the TV stand (again) and she finally did 35minutes on the treadmill at the gym. Oh and she found a new grocery with the biggest pumpkins ever! She will degenerate into mediocrity while you climb up the professional ladder and she will be hateful of your growth and suddenly she will start

fighting you for no reason because you keep dropping your dirty socks all over. "I'm tired of picking up after you, John! I'm tired of being your maid!" Then she will start crying bitterly and you will be like, "What the hell?"

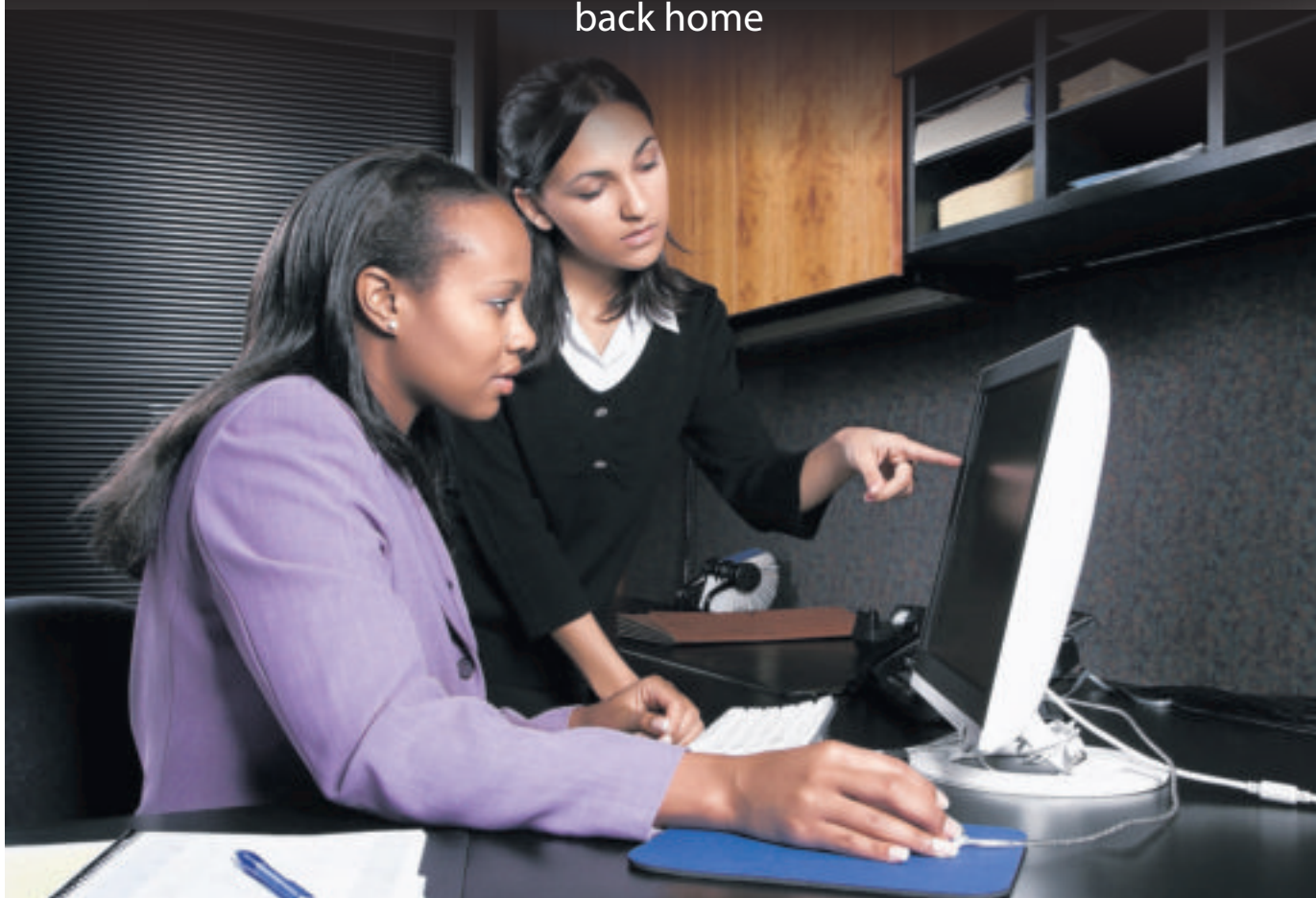
Oh and another thing, working wives come home at 8.30pm and after they have looked at the children's school diaries and chatted with them they will be too tired to ever fight you or pick on you or shout about

your socks habit. But a housewife will always be idle, waiting for you to come back home so that she can have an adult conversation for a change. If normally she would not mind you coming home at 1am on Fridays, she will have an issue now because she will be waiting staring at the clock angry that the minute hand moves so slowly. Then she will fight you the moment you walk in, fight you with words or with silence.

The kids will one day grow up and leave for high school or college and she will look back at what she has done with her life (apart from raise well-adjusted kids) and wonder if she fulfilled her purpose, if she utilised her talents. It will not help that her friends will be heading big companies or running their own successful businesses. Sure, you opened for her a swanky wedding gown shop that sells and rents wedding paraphernalia because she just loves weddings, but the shop was just a prop, to give an impression that she was applying herself, that she was pulling her weight when in truth she didn't care if it made losses or profits. The business was a pet. It wasn't something that she took on with the passion and fear that most people take on their businesses. So she will resent you, for "making her" quit her job and raising "your" children. (The children are always "your" children when you are being

Why women must work

The world is a much better place with a nation of career women rather than a nation of stay-at-home mothers waiting in their houses for their working husbands to come back home



fought, or when they start smoking weed.)

Don't let her quit

So if your wife comes today and says that she is tired of her boss and her job is too much stress and pays a pittance anyway, and she wants to throw in the towel, don't let her quit! Save yourself, my friend. If you are like most average Kenyans, which means you aren't wealthy, you won't be able to pay the bills alone. It will stretch your finances so thin, you won't be able to buy a new boxer. You will constantly be in a mood. You will avoid us, because you can't even throw a round in a bar and people who can't throw rounds in bars are miserable people with self-esteem issues. Plus she will always be blowing your phone with SMSs: "*Kwani* today you are sleeping in that bar?" You will constantly get pissed off when she asks for money for her nails. You will say something like, "Your nails look perfectly OK to me!" And she will say, "They don't, John, I haven't done them this week!" And you will ask, "You do your nails every week? What, do you hunt with them?" And then she will break down and cry bitterly and you will feel like a prick.

You don't need it, son of the soil. Don't let her quit. A woman should work, even if she is earning Sh2, 000.



HEARTADVICE

WITH RELATIONSHIP COUNSELLOR MAURICE MATHEKA

BODY&SOUL

This week we advise a woman whose husband wants to kick her out for badmouthing him and his family and for joking about having an affair.

I have been married for two-and-a-half years. We were living happily until last month when my husband saw a conversation I had with his brother's wife. I had told her that I have another guy who is very handsome and who lives abroad. I also talked ill of my husband and his family in that conversation. However, the truth is that I do not have any other guy save for my husband; I was just joking. But now my husband hates me and wants to kick me out of our house. We have a one-and-a-half-year-old daughter and I don't want her to grow without one parent. What can I do to win my husband's love and trust again? Please help me!

READERS' ADVICE

What drove you to say such ridiculous things? Did you imagine that your husband would never find out? Remember you told this to someone in the family, so she was bound to spill the beans. Honestly speaking, it is going to be tough to get your husband to hear you out. The only thing you can do now, is try to explain why you did this and make your man understand the context



How can I win my husband's love and trust again?

in which you said those things. Give him time to get over the hurt, and to consider forgiving you. Remember you cannot force him to understand you. And if you do get through this challenge, choose your words and jokes wisely next time. **Jane Ndule**

Your behaviour shows that you do not respect the marriage institution. You cannot talk about a 'fictitious' relationship while still married and claim that it was a joke. It will be very difficult to convince your husband that it was a joke. Apologise to your husband and tell him that you only said that to gauge your sister-in-law's opinion. Show him how losing you will affect him. Show him love like never before and ask him out for dinner and

apologise from the bottom of your heart while crying. If you do this, he might be moved to forgive you. **Ernest Munyao**

It will not be easy to win your husband's love and trust. The first thing you need to do is to admit to him that you made a mistake by having that conversation with his brother's wife. Tell him that you now understand that making such comments about your own marriage and family members can tear your union apart. Ask him for forgiveness. If he truly wants you, he will forgive you. But even though he does not forgive you at first, give him sufficient time to think things through and make a decision, but prepare yourself for any outcome. **Juma Felix**

EXPERT ADVICE

Maurice Matheka, a relationship counsellor answers:

It is clear that you have bruised your husband's ego and burnt the bridge that connects him to you. He needs to understand the context of your joke and why out of all the things you could joke about, you chose to make up a non-existent boyfriend. Then there is the issue of badmouthing him and his family that needs to be explained. Even though your intentions may have been nothing but fun, it is difficult to believe that there is no truth to parts of your conversation. You may need to give your husband space to calm down and hopefully be more objective about your current dilemma. Only he can decide your future, you need to get him to hear you out and explain without sugarcoating why you joked about having another man and why you spoke ill of him and his family. He may have accepted that you were joking about the other man but the case of badmouthing needs to be addressed. In my opinion that is your biggest hurdle at this point. After you apologise and clarify things, only time will tell where you go from here.

Most men don't keep grudges, so sit down with your husband, talk about this issue in depth and apologise sincerely. If you do manage to overcome this self-erected hurdle, keep in mind that his family is your family too and be an ambassador of your own home. **Evana Magare**

Your actions suggest that you harbour deep-seated hatred against your husband and his family. You cannot say that what you said was a joke, unless it is something you would happily say in his presence. You need to prove to your husband that he should not worry about that SMS. You also need to learn to appreciate and respect him and his family. It is only by loving him and respecting him openly, that your husband will love you in return. **George Korir**



DEAR AUNT TRUPHENA

PROFESSIONAL ADVICE FOR YOUR LIFE PROBLEMS

My wife wants to kill me; what do I do?

Q: I have been with my wife for six years now. We have a one-and-a-half-year-old daughter. We have been having issues for the better part of the year. The biggest problem is whenever we have an issue it is difficult to solve because problems from a long time ago keep coming up. They make any discussion impossible. I don't have a problem with solving issues but my wife does. Last week I called her as I wanted us to talk and she wouldn't take my calls. In the evening she told me that I should stop disturbing her and that she wishes I was dead. I told her to just move out of my house and she refused. What should I do? I don't want to lose my baby.

A: Thank you for question. There are many unresolved issues in your marriage and this could be the cause of the drift you are experiencing. I also sense a lot of mistrust and hatred between you and your wife. The fact that your wife has refused to move out of your house yet she doesn't love you raises concern and should be handled with care. Also telling you that she wishes you dead is an indicator of the fact that she has fallen out of love with you. Now that you are still living together, I suggest you have a thorough talk with your wife; you can involve a family member or a mediator. Get to the bottom of this marriage issue; find out exactly what went wrong. If these past issues keep resurfacing, it means they were never resolved. Revisit them, lay them bare and find an appropriate solution. After this talk your wife should declare her stand regarding whether she is ready to continue in this marriage or not. Living together yet she doesn't love you would only make things bad for both you and the child. You both need to evaluate whether this marriage is worth staying in. In case there is a separation, please continue to cater for the upkeep of the child – you are entitled to be in her life by the fact that you are her father and you are meeting her needs. All the best.

NEXT WEEK'S DILEMMA

I have lived with this man as my husband for three years and we have a one-year-old daughter. I got my baby soon after graduating from college, and this slowed me from looking for a job. I decided to focus on raising my child because jobs were hard to come by. My husband supports us financially, but I am tired of the way he treats me. He never wants to talk to me on the phone when he is away at work, and even when he comes home, he refuses to talk to me; no matter how much I try to start a conversation with him, he replies in monosyllables. He prefers to play with our daughter or watch TV, and he treats me as if I do not exist. He is also critical of everything I do and when I am around him, I feel like I am walking on egg shells. I feel so unloved, lonely and unappreciated but I don't know what to do. Is my husband's behaviour part of his personality? Is his behaviour normal? Does he even love me? What can I do to make him show me love and give me some attention? I really want my marriage to work.

FASHION&STYLE WITH LYDIA OMOLO

1



Pictures by:
Moses Kamakya
Make-up by: Shiro
Wanyoike
Hair by: Richie
for Uturi Hair
www.uturi.co.ke
Fashion Assistant:
Sandra Ndisana
Model: Briana Atick
Profession: Fashion
designer, model
Hobbies: Dancing,
cooking, singing and
swimming

2



3



4

GIRLY TWIRLS

Get girly in a pretty umbrella skirt that brings out your feminine elegance. This skirt shape flatters every body shape especially when worn with cute little tops, whether fitting and tucked in at the waist or flowing loosely over it. Pair with killer heels to get your feminine edge on.

1

Green crop top, Sh900; floral print umbrella skirt, Sh2 400, both from Jade Collection. Detailed puppet pendant, Sh 2 999, Kaché. Fuschia peep-toe pumps, Sh4 500, Backyard Shoez.

2

Blue and white brocade jacket, Sh5 000, Alata Exclusive. White t-shirt, Sh900, Jade Collection. Black umbrella skirt, Sh2 500, Morris en Clad. Gold and pearl detailed neckpiece, Sh3 300, Kaché.

3

Champagne pussy bow satin blouse, Sh1 100, Mr Price. Black umbrella skirt with mesh detail, Sh 2 500, Morris en Clad. Metallic blue, neon orange and Aztec print strappy heels, Sh4 500, Backyard Shoez.

4

Neon pink tiered blouse, Sh3 500, DLA Fashion House. Black and white striped umbrella midi skirt, Sh2 000, Jade Collection. Pastel blue chunky flower neckpiece, Sh2 999, Kaché.

5

Red and fuschia patent stilettos, Sh6 500 each, both from Fashion Spot.

STOCKISTS

Alata Exclusive, Greenhouse Adams
Arcade, Nairobi, tel: 0788 427 863 /
0707 419 936
Apparel and Accessories Store, Nairobi,
tel: 0713 238 783

Backyard Shoez, Adlife Plaza,
mezzanine flr, Ring Road, Kilimani,
Nairobi, tel: 0724 996 818
DLA Fashion House, Adlife Plaza,
mezzanine flr, Ring Road, Kilimani,
Nairobi, tel: 0702 096 969

Fashion Spot, Jamia Mall, 1st flr F85b,
Nairobi, tel: 0720763959/0734788194.
Facebook: Nairobi Fashion Spot
Jade Collection, Tom Mboya St, opp.
Fire station, Nairobi, tel: (020) 235
0296/ (020) 2337 7845 / 0724 524 718

Kaché, The Junction, Nairobi, tel: (020)
387 5178
Morris en Clad, Jamia Mall, F48/49,
Nairobi, tel: 0724 514 860
Mr Price, The Junction, Nairobi, tel:
(020) 386 1894.



HANDY FACTS & POINTERS

FANCY PHONE COVERS

Give your phone a chic style update with these phone covers inspired by Channel perfume bottles.

- They have the classic Channel chain handle that can be worn as a sling, over the neck or on the wrist.
- Available in different colours and different Channel perfume bottle shapes.



Transparent Channel perfume phone cover, black Channel perfume phone cover, Sh2 000 each, both from Apparel and Accessories Store.

EXPERT STYLE TIPS

How to wear a tuxedo blazer

The tuxedo blazer has become a wardrobe staple. To find your perfect fit you need to know what your style is. Ideally, a tuxedo blazer is as versatile as the boyfriend jacket. It is however a little more polished. Know how you plan to wear yours be it paired with causal or formal clothes.

■ Tuxedo blazers are classics so they often come in neutral colours like black, navy, charcoal grey and blue. But that does not mean you are limited to just those colours.

■ For an interesting take on the tuxedo trend, play with textures like velvet, African print and unconventional colours. Make the lapels a solid colour. Black is a favourite – it makes your tuxedo a statement piece.

■ A double-breasted tuxedo is ideal for occasions when you want to amp up your elegance. It is fashion-forward, structured, formal and versatile. The four-button or two-button blazer is worn buttoned up and sleek.

■ Tuxedo blazers can be worn with denim, skinny jeans, formal trousers as well as for formal events, cocktails, dinner and smart casual events.

■ Tuxedo blazers look best with trousers. But for something different and quirky, you can wear a tuxedo dress, pair this blazer with shorts or get it in uniquely contrasting colours such as a white blazer with white lapels.

■ Keep your look understated and classy by pairing this with stunning, subtle jewelry. Blend in your accessories and let your blazer do the talking.

■ A tuxedo blazer compliments a trouser suit. If you want something more dynamic in your closet for your work look, a neutral blazer can be worn in monochrome, or you can mix and match it with other looks.



BABYLOVE

When the child becomes the parent



When I drop in on her for this interview, 24-year-old Helen Cera is on the phone with someone. She is visibly agitated. After a few minutes of conversation during which she is pacing the room, she shouts, "You're right. I am not your mother!" before hanging up.

"That was my younger brother," she shares.

This is a snippet of everyday life for Cera. The defiance, frustration and anger are palpable – understandably so. Just two and a half years ago, Cera was a happy-go-lucky college student. Then her parents died within five months of each other and a lot of things changed. She had no time to grieve. There was no one else for her to turn to either. In just a few weeks, she went from worrying about saving money for pizza and passing her continuous assessment tests to a whole list of things that needed to be done ranging from putting dinner on the table for her two younger siblings, to finding time to attend PTA meetings. She also had some re-arranging to do in her life starting with shelving the degree programme she was just starting to take a one-year diploma to enable her get into the job market faster.

Tough task

"Don't get me wrong. I wouldn't want my brothers to be anywhere else but here with me. But it has been very hard," she says.

First, there was the initial shock of the responsibility which forced her to put her act together fast. She reckons that were their parents still alive, she would not be half as responsible as she is today. This is

a good thing. Being her siblings' guardian has also meant her having to make a lot of difficult decisions. The two teenagers often rebel and threaten her bid to keep the family together.

"Sometimes I get angry and say or do things which I later regret" she says.

Catherine Mutisya, a child psychiatrist at The Nairobi Parenting Clinic, says that Cera has cause for worry. She also acknowledges that Cera's situation is challenging.

"At 22, the mind is still developing and she might be ill-equipped to handle the emotions that come with parenting," she explains.

In the frustration, Cera ends up bullying her siblings into doing what she wants. While her heart is in the right place, the damage she is causing runs deep.

While death is what often pushes the eldest sibling into the shoes of her parents, there doesn't need to be death for this to happen. Sometimes parents are alive but for one reason or another, are unable to take up their roles. Joy Mbatha, 30, was barely in her teens when she started parenting her two younger siblings because their mother, a single parent, was an alcoholic. In retrospect, Joy observes that it is normal to sometimes resent the burden.

"I had to re-organise my life and give up a lot of things like friendships with my peers who just couldn't understand why I needed to be home all evenings," she

shares.

The good thing about parenting is that children grow and Joy's two siblings are now both functional adults. Not so much can be said about the relationship that she shares with the two of them. While she would like to be friends with her siblings, she has given up on that thought.

"I will always be a mother figure, not their friend," she says.

This, according to Dr Mutisya is a pretty good outcome.

If things remain the same, it is likely that Cera and her siblings who are still a long way off from adulthood will struggle with depression and anxiety issues in adulthood.

"Because of the hurt that is happening now, they are likely to need therapy for reconciliation and healing," says Dr Mutisya.

The good news is that there is still time for Cera and her siblings. To avert future emotional turmoil, Cera can reach out to adult relatives or friends for support and to lend the emotional maturity that she needs to deal with matters of parenting. On a personal level, Cera can change her parenting tactics. She can stop trying to bully her siblings into doing things a certain way and start leading by example instead and pray that they will follow. This will rid of the resentment from her siblings and also her frustration which stems from trying to stay in control.

Death often pushes the eldest sibling into the shoes of her parents, a role she isn't ready for

DIARY OF A WORKING MOTHER

WITH MARIA MWONGELI

The school holiday is here!

Siji is four years, three months and 16 days old today

Monday,

5:03pm:

And we end the term on a high note: Siji can write her name in capital letters. I came home to find the words SIII all over my office diary. She was practicing so I can't warn her off too sternly. Why couldn't she just use chalk on the other side of her bedroom door like she usually does to practice the alphabet and numbers?

Tuesday, 6:28pm: 'Mum, what is this hole in your face over here?' And for a second there I was traumatised... then I remembered the chicken pox scars I have scattered on my face. I told her it was chicken pox. Her eyes widened and she asked in a shocked voice, 'You're a chicken?' I had to get onto the floor to laugh. This one was too good to let go of just like that! But I did make it up to her with hugs and kisses afterwards.

Wednesday, 8:10pm: I forgot to go to school to pick up Siji's folder and report. Yes, the letter was sent and it said I should go by the school Monday this week, but that was like end of last week! And I put the letter away anyway! I forgot! Next time I will pin it up next to my bed. We should just go back to picking the report when we pick up the children up on closing day. Why did the rules change, anyway?

Thursday, 9:16pm: Reading our bedtime Bible stories tonight, we got to the memory verse part and Siji stopped me saying she would say the memory verse. Shock on me! She said six verses, complete with reference to the book, chapter and verse that she had learnt in school. I quickly recorded her for her grandparents. I am so very impressed by her school right now... the shrubs and the slurring we can deal with later!

Friday, 3:44pm: I turned to find Siji breathing down my neck from the back seat. She was practically on top of the handbrake. 'Can you sit back and put on your seat belt?! Why are you standing? What have I told you about removing your seat belt when I am driving?!' I growled. She had hurt in her voice as she told me that she was still wearing her seat belt. The child had loosened the seat belt and could stand up with it still locked to the chair. Surely!

HEALTHMATTERS

Dr Joachim Osur examines the two possibilities, rape or consensual BDSM, arising from a recording of a sexual act that went viral last week.

Last weekend, *chama* members asked me to attend their meeting and explain what the Mollis saga is about. *Chama* is a women-only welfare group of which I am the only male member. I am invited to meetings whenever sex issues are to be discussed.

For those who haven't heard about the infamous Mollis story, here goes: It comes from an audio recording doing rounds online. In the recording, there is a man called Morris having sex with an unnamed woman. The woman repeatedly calls the man Mollis and says she is tired and that she has 'sullendered' (surrendered).

She says, "Mollis *nimechoka*; Mollis *nimesurrender*." This is repeated throughout the recording and it sounds as if the woman is mourning.

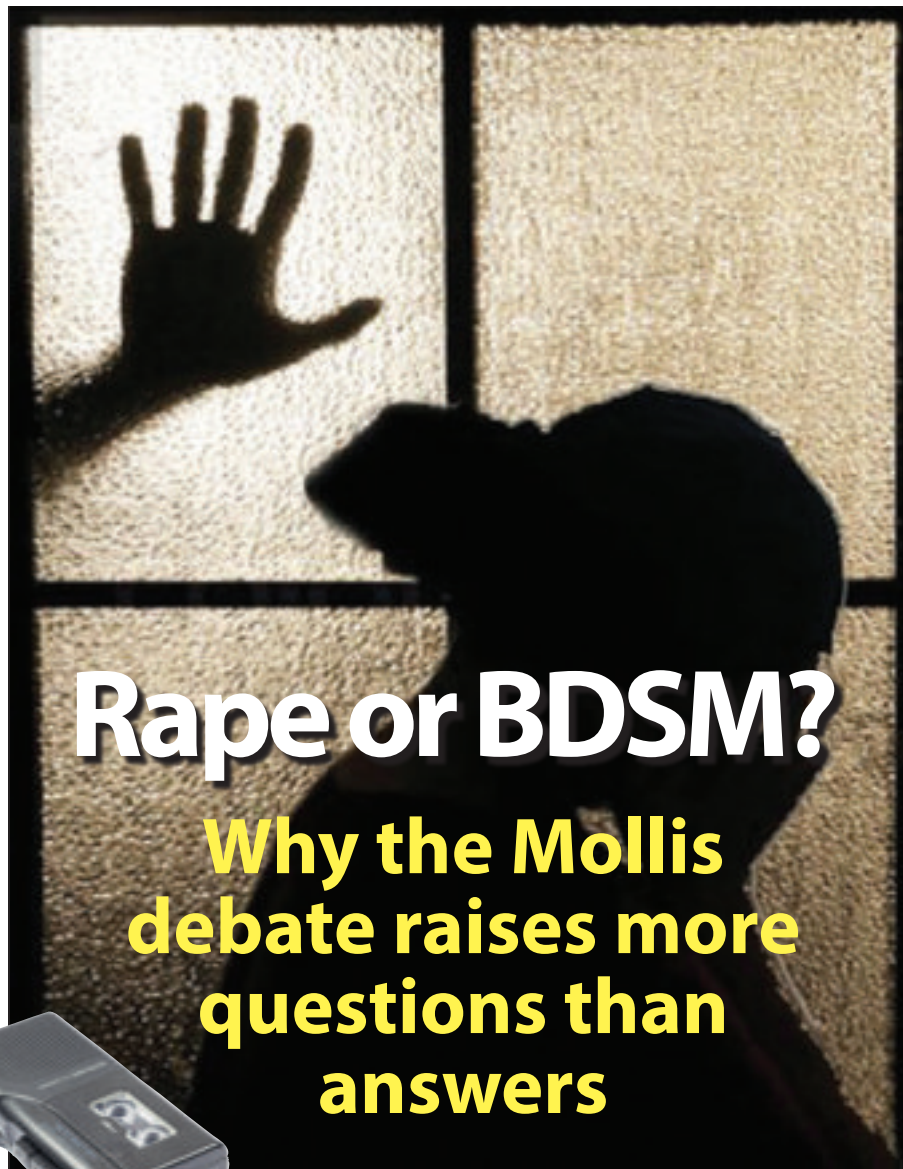
Unlikely hero

"That is rape! Mollis should be traced, arrested and charged," said the chairperson of the *chama*.

Chama members were unhappy that people were making fun of this incident and the fact that some people considered Morris a hero.

"If this is the kind of man that Kenyan men want to emulate, then women are in danger!" exclaimed a member.

But wait a minute, is it normal for a man to continue having sex with a woman who seemingly is in agony and begging him to stop? First, if this was rape, the hope is that the woman will have courage to report it to the authorities and that action will be taken against Morris.



Listening to the recording however, one cannot stop thinking that it could be a case of BDSM. BDSM stands for bondage, dominance, sadism and masochism. This is a complex sexual expression in which there is a partner who inflicts punishment on another. In BDSM, the dominant sadist gets pleasure by inflicting pain on the sexual

partner and this could take any form – slaps, bites, pinches or even just painful hard sex as in the case of Mollis.

In extreme circumstances, the dominant sadist may tie the partner with ropes or chains, prick parts of the body with needles or even cut them with blades. The recipient partner, the one in bondage, derives pleasure from being dominated and subjected to the painful

treatment. They may even ask for more and get orgasm as the pain gets more intense. Sometimes they get injuries that call for treatment but will protect the dominant sadist from being punished by the law.

However, unlike in rape, if a couple is in a BDSM relationship they should have discussed and consented to it. Further, they are expected to have discussed their boundaries of safety since some of the actions can inflict severe injuries. They may agree on a word or a sign that makes the other know that the limit has been reached e.g. if we assume that Mollis is a dominant sadist and that they have agreed that "I sullender" means the lady has reached her limit then he is expected to stop when the word is said.

It is possible that the woman in the recording was being raped, and there is also a possibility that what was recorded was an act of BDSM. If it is BDSM, the helpless voice of the woman gives Mollis pleasure and the recording allows him to listen to it over and over again, days after the act. It could be that he shared the recording with friends, and it went viral, throwing Mollis into the limelight.

"Even if it was a BDSM experience, the woman in the recording must be very embarrassed because her privacy has badly been violated."

Very true, it is unthinkable that she would have wanted the whole world to listen to her under those circumstances. If on the other hand it is rape, that's even worse because many women fear social stigma after rape and it would be very difficult for her to report the matter to the police under the current circumstances. The whole world has descended on her with all manner of comments and she would lack courage to come out publicly.

"So whatever the case, the woman is still the loser!" exclaimed the chairperson with finality.

As *chama* members dispersed, it was agreed that private help, whether legal, or medical, should be advocated for in incidents such as the one in this recording. Public jokes and careless talk only add insult to injury for the aggrieved party who in most cases is the woman in question.

Send your feedback to satmag@ke.nationmedia.com

HEALTH&NUTRITION

BY SONA PARMAR MUKHERJEE

What is it?

A corkscrew-shaped bacterium that lives inside our stomachs.

How do I know I have it?

Terrible bloating around the solar plexus area is a common initial symptom. Ulcers are also very common. In fact, more than 90 per cent of duodenal and over 70 per cent of stomach ulcers are caused by *H. pylori* infection.

What are the complications?

Aside from the sheer discomfort that sufferers face, there is a link between *H. Pylori* infection and stomach cancer. I have also seen women unable to get pregnant until the bacterium is eradicated. The most recent case I've seen is a woman who had been unable to get pregnant for 10 years prior to treatment.

What does the bacterium do?

Our stomachs contain a strong acid that is required to help digest the food that we eat.

H. pylori facts

Clinical nutritionist **Sona Parmar Mukherjee** breaks down this mysterious condition.

It's actually so strong that it could actually digest itself – and that's where the protective stomach lining comes in. This mucous lining acts like a barrier between the acid in your stomach and the stomach itself. What *H. pylori* bacteria does, is to alter the structure of

these protective cells, thereby weakening the mucous lining that protects the stomach.

Can't I just take some antibiotics to kill it?

Conventional medication revolves around a combination of antacids and antibiotics, but 10-20 per cent of treatments fail to eradicate the organism.

What's the alternative?

I'm always quoting the maxim "let food be your medicine". Nowhere is this truer than the treatment for *H. pylori*: a plant extract called mastic gum. Traditionally used as a food ingredient in Mediterranean

countries, mastic gum appears to work by killing *H. pylori*. One particular trial showed that just two weeks of mastic treatment led to complete ulcer healing in 70 per cent of sufferers. Take one gramme of mastic gum every day for about two to four weeks.

What else do I need?

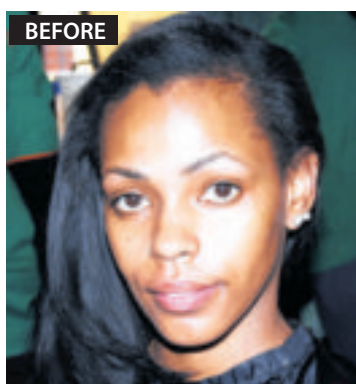
Liquorice root is another effective natural remedy. It stimulates the secretion of the protective mucous on the inside of the stomach/duodenum, soothing the lining. It appears that the flavonoids it contains also helps to inhibit growth of the *H. pylori*. Recent studies have also shown that it can also reduce gastric bleeding caused by aspirin and compares very favourably with the popular drug cimetidine (Tagamet). However, the kind you buy is crucial: look for deglycyrrhinated liquorice (DGL) in chewable tablets. The normal recommended dose is 250 to 500 mg, 15 minutes before each meal and one to two hours before bedtime.

www.nutritionbysona.com



HAIR&BEAUTY WITH IRENE NJORGE

Tips and tricks for flawless make-up



Make-up artist Karsha demonstrates how to apply make-up perfectly for enhanced beauty.

Make-up has become a crucial item for most women to use before stepping out of the house. Learning how to apply your make-up perfectly is as important as knowing how to dress well. The final magic touch on your face often does wonders to enhance your natural beauty. The *Saturday Magazine* beauty team paid a visit to Karen aka Karsha, a make-up expert who has created flawless looks for brides and celebrities. She emphasised that the aim of wearing make-up is not to replace the face you have, but to enhance it so that you still look like yourself. She demonstrated make-up application with a light touch for perfect blending. The rule is to ensure that there is no demarcation line anywhere. Dark-toned women should select muted colours for a deep glow. The proper tools and correct colours are all that is necessary



Wangechi Kamanja, a model ,after a makeup session with Karsha at Mercos Salon.

to create the technique that will give you a flawless look every time. Apply foundation using fingertips, sponges or a special brush, taking care not to use too much. Use setting powder for all-day freshness.

Eyebrows are tricky for many people, but Karsha lets us in on a secret: light feathery application, eyebrow powder and no black

pencils please! Shaped brows give an added edge to makeup. The smoky eye is created using deep grey or brown. A little contouring and lipstick will get you going. Many women are curious about selecting brands. Karsha advises that you should pay more for good quality foundation, eye shadow and lipstick. Avoid fake products



Judy Kamau, a model, after a makeup session with Karsha at Mercos Salon.



because the results will show up as ashy and pale without any lasting power. She recommends brands such as MAC, Mary Kay, Black Opal, Sleek and any other original brands with great colours.

PHOTOS: NJUGI NGUGI AND CHARLES KAMAU. Makeup by Karen of Faces by Karsha, tel: 0722245983. Hair styling by Mercos Salon, Lyric Hse, Kimathi St.

NATURAL HAIR CORNER

All your natural hair questions answered.

Dealing with head lice

Q : My daughter came back from boarding school with head lice this month. I have struggled to disinfect her hair and to even comb out the eggs with no success. What do I do?

A : If your child has lice, you probably noticed that she has experienced intense itching on the back of the neck and head. This itching occurs when lice bite and suck blood from the scalp. You can normally identify them by searching for their little eggs (nits) using a bright light. They are much easier to identify on darker hair and skin. They appear similar to dandruff but they adhere to hair so they are much harder to remove than dandruff. To eliminate head lice you can:

- Shave the head.
 - Comb the hair using a special medicated nit comb (available in larger chemists).
 - Use a special anti-lice shampoo.
 - Use a suffocant (mineral oil/ petroleum jelly) on the scalp.
- You should also clean your house thoroughly to eliminate any lice eggs. This includes the carpets, beddings, pillows, and air your mattress. Disinfect anything and everything your child would sit or lay on. If symptoms persist, seek medical advice.

— TRICIA WANJALA



QUICKFIXES:

NATURAL-LOOKING MAKE-UP

If you want to wear makeup without looking as though you are wearing any, all you have to do is forgo lipstick. Apply foundation, powder and eye shadow/brows/mascara/liner using subtle colors such as browns and a touch of gold. Instead of lipstick, simply use colourless or nude lip-gloss.



ASK IRENE:

Is it advisable to use foundation every single day if you have uneven skin? – Marie, Nairobi.

Select oil-free foundation if you need to wear it on a daily basis. This type will not clog your pores.

Alternatively, you can try using coloured compact powder to even out your skin on some days. Ensure that you wash your face thoroughly at night to remove all traces of makeup.

The author is a cosmetology consultant.

PERSONAL FINANCE

You Only Live Once

YOLO is a pop culture term that has great meaning for your financial success.

Waceke Nduati-Omanga explains more.

YOLO – You Only Live Once. I learnt this term very recently from some of our Centonomy clients who are in university. However, YOLO speaks to a concern many of us have about financial planning. We do only live once, after all, and we do struggle with the concept of doing all this and then not living to see the fruits of our hard work, attempts to be frugal or sacrifices we made to have that business or portfolio.

A few years ago, someone asked me that if they do everything I was telling them to do and then die, what would have been the point? Shouldn't they have just spent money as they want and lived life to the fullest? To be honest I did not have an answer then. I may have responded with something about balance but I was also confused about that question. I don't claim to have a straightforward answer to that, but since then I have kept asking, observing and trying to process information that may attempt to answer that. So this is what I have come up with so far. Please feel free to write to me and give me your answers as well. Maybe collectively, we will be able to figure it out.

It's not a sacrifice

I have learnt that you cannot see working towards your goal as a sacrifice. I figured this out when I realised the cost of buying lunch everyday is equal to a holiday. If you spend Sh300 on lunch everyday it will add up to Sh108,000 at the end of the year. So for me to go on a holiday, all I had to do was carry lunch instead of buying lunch. Doing this was no longer a sacrifice. It was a step in the right direction, a rung on the ladder.

When we use the word 'sacrifice', we usually relate it to denying or taking something away from ourselves. Nobody wants that. Look at your goals. Maybe the problem is that you don't want it that badly, or you are doing it unwillingly for other people. The holiday had meaning for me. Work towards things that have meaning to you. Things that are more important than the discomfort. In fact it

is because You Only Live Once that you really want to do the things that are more important than lunch. On my deathbed I really won't regret how many restaurant lunches I missed.

Through this same experience I also learnt that as much as the holiday was great, what I started to experience as a result of doing something different was just as good. I ate healthier and felt better. I spent time over lunch doing things that were actually constructive rather than idle conversation. I started seeing other areas that I had been wasteful with money and

could be put to better use. When I did decide to go for lunch, most of the times it was because there was some meaning to it e.g. a good friend I hadn't caught up with in a while, a mentor, to explore an opportunity or just to give myself a treat that day. When you

do it everyday it is no longer a treat. In other words, even though my objective is in the future i.e. to go on a holiday, it started changing my everyday life. Even if I hadn't made it to the holiday, I would have been healthier, wiser, more focused and disciplined as a person. All these things were more important than eating lunch everyday. You Only Live Once, so whatever you are working towards in the future should start changing something about the present.

Ultimately, the future will only occur in a place called "NOW". Sometimes we are doing things that are not only destroying the future but the present like the guilt that comes with continuous impulse shopping. If you are working towards something that has meaning to you, something will start to change.

Need for balance

This brings us back to the balance equation. There is a high probability that you will live past tomorrow. Do you want to live well only today or live well sustainably? I don't want to go on holiday only once, I want to go on holiday regularly, so carrying packed lunch is now a habit. Even if I didn't go on holiday, I would still carry lunch. Do you want to have an over-the-top lifestyle just today because you happen to have a decent income or do you want to have a great life that is sustainable? This process is not about not doing the things you genuinely like, it is about planning to do them consistently. That's why figuring out what you truly do value is very important, as is aligning your everyday habits so that you can experience that.

Lastly if there is one thing that seals the debate on YOLO, it's discovering that it cannot be all about you. Living just for yourself gives you a very small view of life. It is quite difficult to think big when you are only living to please yourself. Everybody has to come to terms with whether they want their life to mean something beyond their consumption. What legacy do you want to have? What values do you want to impart to the generations that come after you? So that's my two cents on YOLO. Do share yours.

Waceke runs programmes on personal financial management and entrepreneurship. Find her at waceken@centonomy.com | Twitter @cekenduati

There is a probability that you will live past tomorrow. Do you want to live well only today or live well sustainably?

RELATIONSHIPS

Do you love the man you are with – or are you simply in love with the idea of love? By **Rachel Wambui**

Many girls grow up dreaming up a fairy tale with a prince and a castle. While there's nothing wrong with this, an unhealthy fixation on this romanticised notion of love is prone to bring more pain than pleasure.

You have to be the one no matter what!

Agnes, a 32-year-old businesswoman, was in an on-and-off relationship for four years before it occurred to her she shouldn't have dated this man in the first place. "I felt it in my gut that he was not the man I wanted. A part of me wasn't even attracted to him. Yet I desperately tried to make it work," she explains. "Six months into dating him, he said he wasn't emotionally ready to be in a relationship. I asked that we talk it over and assured him that we'd work through it. Three months later he broke up with me. We stayed apart for a while then, in the attempt 'to be just friends', we slept together and ended up in this

undefined 'relationship'. In my mind we were dating again. Then I realised he was chatting up other girls and when I asked him, he said 'it's not like we are together.'"

"It wasn't him I loved; I loved the ideal I had made up in my head." -Agnes

Agnes talked to a psychologist friend who advised her to take inventory of that relationship to see what was really going on. "I looked at the part I'd played in getting myself into this situation. With my friend's help, I learned many hard truths: I seemed to believe a relationship would fulfill me. Without a man, I was less than. I desperately tried to hang on to one even if I resented him. I couldn't handle rejection. If only he'd do what I wanted, be what I wanted, then I'd be happy. It wasn't him I loved; I loved an ideal I had made up in my head – one that he couldn't live up to."

You will validate me

Thirty-five-year-old Lynette reckons women best exemplify this trait when they focus on a man's external qualities. "When I think about it, I've always dated men for what they represented, not who they were as a person," she says. "For example, when I was younger, I dated the macho guys in the college rugby team. It didn't matter that one of them always cheated." When you date a man for his house, car or job title, you are looking for validation rather than dating the man.



In love with the idea of love?

Love me now! You are mine!

Louis, a 42-year-old Kenyan resident from Nigeria says the one thing that struck him when he first started dating in Kenya is that women here have a very different idea of dating. "Having lived in Europe for eight years, I was used to the idea that dating, as in going out on a date, is when you hang out and get to know each other and over time, decide whether you are suitable to officially be together. In Kenya, I had coffee with a girl one day, and then the following week she saw me having coffee with another girl and she threw a tantrum. I think it's twisted to think that just because a guy takes you out for a drink, you are now officially an item."

Mind constructions

Caroline Busaka, a counseling psychologist based at the Kenyatta National Hospital, concurs that the above scenarios are more about fitting

men into several mind-constructed ideals as opposed to taking time to know and love (or not love) the person they are. "The easiest way I can describe it is being so ready to fall in love, that anyone, at any time, will do," she says. "Someone will be with a man even when she doesn't particularly like him, let alone love him, and then she will spend a big chunk of the relationship trying to 'make it work' by fixing this man into the image in her mind. On the other hand, the woman might completely lose herself in the relationship and do things she wouldn't otherwise do in an effort to fit herself into what she thinks this man wants in order for him to love her. It's a vicious cycle that comes down to a cluster of psychological and emotional issues, the most common of which is a sometimes pathological need to belong, to be wanted, or a fear of rejection perhaps brought about by past abandonment

YOU ARE IN LOVE WITH AN IDEA (OF LOVE/HIM):

- When he says he is not interested in/ready for a relationship/wants to break up but you think you will change his mind by doing such things as sleeping with him, changing yourself, pleasing him, etc.
- When you and those around you have a feeling that he is not good for you but you hang on to the relationship in the hope that it/he will change for the better (i.e. to suit your ideal) when he realises you are the ideal.
- When you are not interested in/attracted to his persona i.e. character. For example, if on your first date, the things that stuck with you are that he lives in a posh neighbourhood and drives a good car, not that he's a *Lord of The Rings* fanatic and is excited about his adorable newborn niece.
- When early on in the relationship, you are already planning your 20-year wedding anniversary in your head – this insinuates that anyone, whether you know them well enough or not, will do.
- When you expect him/the relationship to be perfect. The rough patches either make you feel self-pity or go on a fault-finding spree. You insist you will only be happy if he straightens out and in most cases, refuse to see the part you played in the problem. On the other extreme, you might avoid confrontations in fear of rocking the boat and losing him.
- When you are unfulfilled/unhappy with your relationship most of the time. Your gut tells you this is not right but you can't let it go. You want out, but because of any or all the reasons mentioned above, you can't walk away.

issues."

Fiction

Sometimes the reasons for this 'addiction' are different. "Sometimes it's simply a case of social impact; the same way that modern media perpetuates the ideal body size or skin tone is perhaps the same way that a decade-plus of growing up with fairy tales, soap operas, romantic movies and a great deal of peer pressure influences women in their most impressionable adolescent years."

According to Busaka, solving these problems begins with self awareness and acceptance (as Agnes did) and later, a conscious decision and effort to adopt healthy and realistic relationship ideals.

EATING&OUTING

EATINGIN



Broccoli powder and crusted beef with beetroot and asparagus

Ingredients

- 100 g dried broccoli florets
- 220 g beef fillet
- 120 g baby beetroots
- 60 g asparagus
- 1 oregano twig
- 50 ml chicken stock
- 60 ml olive oil
- 1 pc lime
- 20 ml honey
- Salt and black pepper to taste

Method

Step 1

Season the beef with salt and pepper. On a smoking hot pan, seal the beef, lower the heat and cook the beef for four minutes and put aside to rest. Deglaze the pan with the stock and reduce to form gravy. In a blender, grind the dried broccoli to a rough powder. On another pan put some olive oil and cook the broccoli powder.

Add finely chopped oregano and some of the reduced chicken stock. Reduce to form a paste.

Step 2

To make beetroot puree, peel and cook with chicken stock, honey, few drops of lime juice and olive oil. Let it simmer to form a glaze. Remove half of the beetroot from the heat and set aside. Add chicken stock and blend

Step 3

Slice the asparagus and cook the other half with olive oil and chicken stock. Coat the beef with the broccoli paste and preheat in the oven. When serving start with the beetroot puree then the glazed beetroots, cut the beef into two and finally the asparagus. Serve with butternut chapattis, and the sauce.

— ANTHONY KIMANI KUNYIHA

Off to a good start

Bon Vivant tries out a new restaurant in one of Nairobi's most historic suburbs.

This new restaurant is located along Marula Lane in Karen, inside the same enclosure as the FFRC (Flip Flop Recycling Company) which has a delightful, high-end local souvenir shop.

Beyond the gift shops inside a large garden, is Marula Mercantile. The design is simple, and has hints of a rustic farm setting. Ambient music plays through hidden speakers and at one end of the dining area, you can see the chefs busy in their kitchen.

Marula Mercantile has weekday and weekend menus with slight variations in terms of offerings. The dishes are different, a fresh take on regular favourites. Steak and eggs, arugula salad, house-cured bacon and homemade gluten-free sausage patties are some of the offerings. Across from the kitchen, there is an attractive glass counter with cheese, baked goods, Dutch sugar-syrup waffles and other treats to take home.

I ordered some freshly-squeezed juice and barbecued pork ribs. The



Marula Mercantile Restaurant, Karen Nairobi

juice was fine, but the ribs were a little underwhelming. I did not detect much flavour in them, and the bed of coleslaw was just purple cabbage and mayonnaise. My partner had some butternut squash fritters, which she described as okay.

In spite of our mediocre experience, this place shows good potential. The prices are good, the variety is appealing and the owners are clearly passionate about their establishment. Indeed the manager was highly visible and personable.

They have attractive happy hour offers on various days of the week, and creative cocktails like tamarind and celery-lime soda. Their rustic freshly-baked bread is available for take-away as well, and if you need several pieces you can pre-order.

RATINGS

Food: 3/5
Hygiene: 4/5
Service: 4.5/5
Value: 3.5/5
Ambiance: 3.5/5

Send your feedback to satmag@ke.nationmedia.com

MEET THE CHEF

How did you become a chef?

I loved cooking from childhood. My mum raised me and with no sisters, I did a lot of cooking. After high school I enrolled at Top Chef Culinary Institute. I trained at Muthaiga Country Club and Mara Serena then worked as a sous chef at Chui Lodge in Naivasha before I came to Que Pasa.

What would you be doing if you were not a chef?

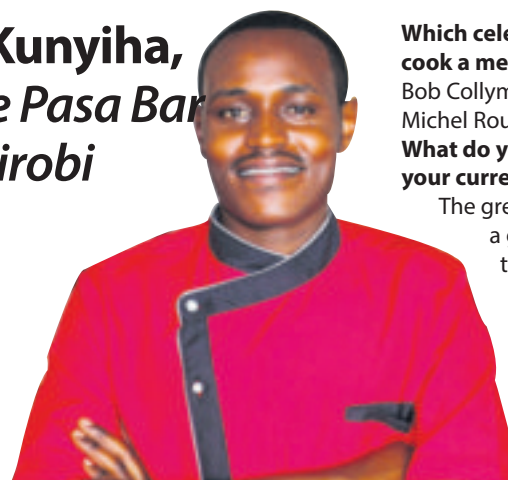
I was destined to be a chef. It's something that comes from deep within – it is a gift, a drive, a passion,

Anthony Kimani Kunyiha, executive chef, Que Pasa Bar & Bistro, Karen, Nairobi

and a vision and above all, it gives me inner peace.

Who is your inspiration?

Chefs Michel Roux Junior, Alain Ducasse and Jonnie Boer. They are so passionate about using food based on local, seasonal ingredients to create mind-blowing dishes.



Which celebrity would you like to cook a meal for?

Bob Collymore, Charles Njonjo and Michel Roux.

What do you enjoy most about your current job?

The great teamwork. You can be a great chef but without teamwork, you are nothing. Secondly, seeing my chefs grow is very amazing.

What do you love to eat at home?

African green

vegetables, fermented milk and roast sweet potatoes.

Do you prefer cookbooks, the Internet, or the Food Channel?

The Food Channel, mainly because I learn through observation.

What is an unusual hobby you enjoy?

Writing my never-ending culinary book.

What is the worst thing you have ever tasted?

Pickled oysters.

— TRICIA WANJALA

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TRAVEL&LEISURE

Going back to the roots

One woman is working hard to bring a forest back to Malindi.
By **Rupi Mangat**

The road out of Malindi to Tsavo East is not in the best of shape and I'm really glad that I took up Albert Baya's offer of a ride in a four-wheel-drive instead of taking a tuktuk. Baya's a naturalist from Gede and a top birder.

I'm not doing the whole 100-kilometre drive to Tsavo East – only a mere 10 kilometres into the interior past the unplanned urban centres, a huge mango orchard with majestic crowns standing in neat rows, a natural pond where people are bathing and washing motor bikes, local homesteads of the Giriama and gigantic mango trees from a few centuries ago during the time of the Arab and Indian traders.

From barren land to lush forest

But there's no sign of a forest – everywhere it's tilled land and, where there's nothing to hold the soil. Yet, Sylvia Pirelli who I met 15 years ago at a falconry in Malindi has been persistently calling to show a piece of land transformed from barren to lush forest.

Pirelli came to Kenya 36 years ago and is at home speaking fluent Kiswahili. We're first offered lunch in the little banda – *ugali na micheche* – but there's still no sign of the forest. There's no doubt that as an artist she's put a quaint place together with sentiments she believes in to remind us that we – humans – are not lords of the land but only passersby – and so it's best to leave the planet in a good shape for generations to come. On the wall is a poster 'Development starts with an intact nature and clean environment'.

Well-fed and in a better mood, she takes us to the forest she's been on about. My first encounter which is unforgettable – is watching a dikdik in the thickets. The dikdik catches scent of us and moves away. It doesn't run away in fright.

"The animals here know that we mean them no harm," says Pirelli. Considering the surrounding landscape where the land is tilled to the inch, it's a real surprise to encounter a wild antelope here.

For most, Pirelli would seem eccentric



On the nature trail in LMagiro Farm in Malindi.

but for us she's refreshing and funny. In 1998, when she moved to the *bundu* all she wanted was for the land to regenerate and for her to be surrounded by nature. She's getting her wish and the goodwill of her neighbours.

"Even the snakes here know who I am and that I mean no harm," continues Pirelli. Encounters with black mambas are not uncommon. "I watch and leave the snake alone to continue its business." Walking along the paths of the forest that have been cleared wide enough and free of debris to keep the snakes and people out of each others' way, it's surreal to come to the very edge where farmers are tilling the land with *jembes*.

Little groves in the forest double up as places to relax and touch base with the

spirits – I just want to stay. Gigantic mango trees – the biggest that I have seen so far – have been left alone. Beautiful palms add a touch of fairy-tale and then there's the showstopper – the amazing mpingo trees.

The mpingo is one of the most sought-after and threatened trees in the world – because they have been over-harvested due to poor conservation planning. The tree itself grows super-slowly.

Also called African blackwood, the mpingo is found in the dry regions of a few African countries. Its lustrous wood is a favourite of the Makonde people of southern Tanzania who produce the country's iconic carvings known worldwide as Makonde.

Its wood has also been exported for decades to Europe to be used in manufacturing furniture and musical instrument like piano keys and clarinets. These days, the wood is used for luxury cases for mobile phones.

The option to walk to Lake Chem Chem is enticing – a lake that Pirelli wants to turn into the most beautiful recreational centre at the Coast. As soon as that's done – with all the planning permission from the authorities, it will be a coastal lake to explore.

The afternoon passes in a flash and out of the forest Pirelli tells us her dream for the future – to have the land used for research and recreation.

TO VISIT:

Prior booking is a must: Text Sylvia Pirelli on **0788 691 774** or email silvia@lmarigo-farm.com

Relaxing on a bench at LMagiro Farm in Malindi. Photos by Rupi Mangat



MUST DO LIST

EVENTS & ENTERTAINMENT HIGHLIGHTS

August 15

The Marie Pierre Wine Club

Do you love wine? Are you curious about wine? Enjoy an afternoon of wine tasting with sommelier Gloria Kinya. Taste over 10 wines and enjoy wines paired with food canapes. This is also an opportune time to stock up on your wine collection. Buy wine by the bottle from participating companies at discounted rates.

Venue: WestEnd Hotel, Lower Kabete Road, Nairobi

Time: 2pm-6pm

Cost: Sh3 500

Contact: info@mariepierreke.com, 0735 222903

August 13-16

2nd International Fashion Fair

This international exhibition for the fashion and ready-to-wear industry will showcase the latest trends in the fashion industry.

Venue: Kenyatta International Convention Centre, Nairobi

Time: 8am-5pm

August 14-23

Mombasa International Cultural Festival

The festival was designed to inform, educate and celebrate the cultural diversity in Mombasa County. It is geared towards promoting the diverse cultural heritage, cuisines, hospitality and history. This will be a 10-day extravaganza with various activities such as dance, music, food bazaars, traditional garments, storytelling and beach sports.

Venue: Mama Ngina Drive, Mombasa

Time: 10am

August 10-21

Kids & Teens ICT Boot Camp

This holiday boot camp is designed to motivate and inspire students to bring their creative ideas to life. Students will create their own games, animated stories, projects, and publish their applications to the web. The boot camp will provide a comprehensive learning experience that is amazingly fun, highly interactive and extremely effective. The students will pursue their tech interests with hands-on, project-based learning experiences at state-of-the-art computer laboratories. There will be fun personalised instruction from industry experts, meals, certificates and so much more.

Venue: Strathmore University, Madaraka, Nairobi

Time: 9am-3pm

Cost: Sh24 500

Contact: 0724 239020, email tweru@strathmore.edu

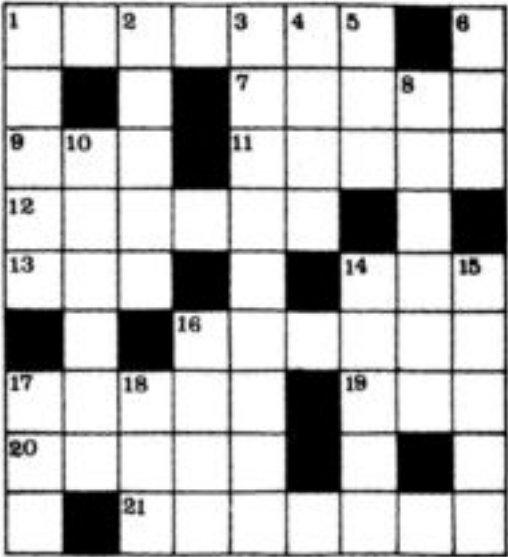
SIMPLE CROSSWORD

ACROSS

- 1.Endure
- 7.Child's nurse
- 9.Child Development Associate (abbr)
- 11.Any of numerous rays with thick broad fins
- 12.One of the world's 7 continents
- 13.Department of Education and Science (abbr)
- 14.Arithmetic logic unit (abbr)
- 16.Mental Keeness
- 17.Make into law
- 19.KTN's Investigative reporter aka 'Moha'
- 20.Tropical tree whose seeds yield cocoa
- 21.Takes into action by legal authority

DOWN

- 1.Walked slowly and evenly
- 2.Makes loud deep sound
- 3.Police officer next above sergeant in rank
- 4.Japanese rice wine
- 5.The National Alliance (abbr)
- 6Automatic advancement to next level



- 8.Kenya's Neema ___ is a KORA Award winner
- 10.Chaperone
- 14.Heap together
- 15. Meter is one of the SI metric ___
- 16.A vehicle also means ___
- 17.Electrocardiogram (abbr)
- 18.A chartered accountant (abbr)

YESTERDAY'S SOLUTION

ACROSS

- 2.Accuser
- 8.Hero
- 9.Nero
- 10.Bridged
- 11.Good
- 13.Sir
- 14.ATL
- 17.Issa
- 18.Cravers
- 20.Pica
- 21.IEBC
- 22.Ageless

DOWN

- 1.Thugs
- 2.Arbor
- 3.CORD
- 4.Undo
- 5.Seg
- 6.Erects
- 7.Rod
- 12.Oil rig
- 14.Asses
- 15.Lance
- 16.Oval
- 17.Iris
- 18.CPA
- 19.Ace

SUDOKU

Sudoku with Steers

Two winners win a Free Meal with Steers daily on 20567!

Fill in the 3 shaded digits and send the values ABC to 20567 for your chance to win a Free Meal with Steers. Start the SMS with the word Sudoku e.g Sudoku 1,2,3. Check your wenesday's paper to see if you are a winner. Winners will be contacted directly by Steers within 2 weeks to receive their prize. SMS cost: 10/=



YESTERDAY'S SOLUTION



COMPLEX CROSSWORD

ACROSS

- 1 Firm line held in competition in vessel (7)
 - 5 Incompetent prescription against consumerism? (7)
 - 9 Extremist engaged in awful trade (5)
 - 10 Places where some are dazzled and most are kept in the dark? (9)
 - 11 Sudden inspiration in bar, potentially? (10)
 - 12 Impressively long English film (4)
 - 14 Flag approaching mile in circuit? That's illuminating (8,4)
 - 18 Check high-level craft needed for executive position (12)
 - 21 Over drink, reviewed work (4)
 - 22 Revered figure engineered fuss about penalty, being strait-laced (10)
 - 25 A posh drink hidden by variety of beer is purple (9)
 - 26 Brief Encounter - selected screens (5)
 - 27 Affair produced by female hairstyle? (7)
 - 28 Talk endlessly about old weapon (7)
- DOWN
- 1 My discovery inside toaster? (6)
 - 2 Working group in retreat held up? It's often repeated (6)
 - 3 This one car represented in retail outlet (5,5)
 - 4 Bang on outside of court after fire arises (5)
 - 5 Traffic facility spared sun



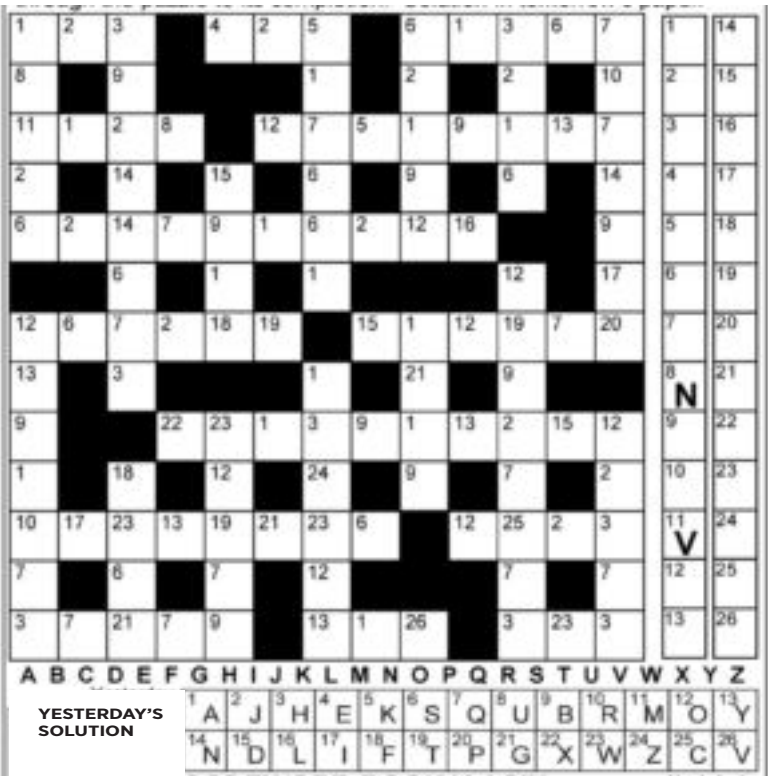
- possibly (9)
- 6 Food from Orient slightly altered (4)
- 7 Pole, say, that's seen shortly in back of canoe? (8)
- 8 Artistic view in the main? (8)
- 13 Manage a day with second of vicars in church (10)
- 15 After nagging, initially only human to shed pounds? It's almost disastrous! (4,5)
- 16 Lithe performers in a musical entertaining mug (8)
- 17 Watch, perhaps, woman with shift in a blue (8)
- 19 Eccentric party below river feature (6)
- 20 What's behind master negotiator in part? (6)
- 23 Fellow with tie lacking a physical presence (5)
- 24 A song for promotion, operatic number (4)

YESTERDAY'S SOLUTION

- 1 Crossbar
 - 6 Munich
 - 9 Unfair
 - 10 Monitors
 - 11 Customer
 - 12 Corner
 - 13 Matter of fact
 - 16 Enquiry agent
 - 19 Piston
 - 21 Victoria
 - 23 Sanction
 - 24 Mighty
 - 25 Revere
 - 26 Elsinore
- DOWN
- 2 Run out
 - 3 Smart
 - 4 Barometer
 - 5 Remorse
 - 6 Manic
 - 7 Net profit
 - 8 Currency
 - 13 Moustache
 - 14 Overcomes
 - 15 Intimate
 - 17 Advance
 - 18 Winter
 - 20 Naive
 - 22 Organ

CODEWORD

Each number in our Codeword grid represents a different letter of the alphabet. For example, today 8 represents N so fill in N every time the figure 8 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the list of alphabetical letters as you identify them.



ANDY CAPP





6:00am One Cubed	4:00pm Trace Music Star
7:00am AM LIVE	4:30pm Africa Connect Music Show
9:00am Generation 3	5:30pm Malimwengu
10:00am Ubongo Kids Show	6:00pm Seeds of Gold -Rpt
10:30am Cool Catz	7:00pm NTV Jioni
11:00am Teen Republik	8:00pm Discovery +254
1:00pm NTV at 1	9:00pm NTV Weekend Edition
1:30pm Prankstars	10:00pm Movie: Zoolander
2:00pm Top Sport	12:00am CNN

TREAT OF THE DAY



DISCOVERY +254 8:00PM

Discovery +254 is an entertainment magazine talk show which seeks to inspire young people develop their talents and realize their full potential. In each episode, we have a sit-down with some of Kenya's top personalities, feature inspirational stories of ordinary Kenyans who have risen above their situations to achieve success and send out our youth reporters to seek the opinions of everyday Kenyans on the issues affecting them. Finally, we conclude the show with an invigorating live musical performance from some of Kenya's celebrated artists.

TODAY'S HIGHLIGHT
MOVIE: ZOOLANDER 10:00PM



5:00am AL-Jazeera
7:00am Chee Live
8:55am Kamusi ya
Chamgamka- Live
11:00am Jam Rock
Live
1:00pm Toleo La
Mchana
1:30pm Bunge La Wazelendo
2:00pm Wrestling
3:00pm Mwanaspoti
5:00pm Mr Speaker
Sir
5:30pm Familiy Ties
6:00pm Mkulima Ni
Ujuzi
7:00pm Safari 47
7:30pm Block D
8:00pm Mwisho Juma na
Walibora
8:30pm I-Seme
9:00pm Wrestling
10:00pm Jam Rock
Rpt
12:00am AL-Jazeera

YOUR STARS

AQUARIUS (JAN 21-FEB 19)

Your mood is likely to be malleable, Aquarius, depending on the people you're with and situation you're in. One minute you may be high as a kite and the next you're down in the dumps. There's likely to be very little middle ground. The key for you now is to align yourself with those with a positive attitude who can bring helpful working solutions to the issues.

PISCES (FEB 20-MAR 20)

It's possible that you'll get so wrapped up in it that that you'll find it hard to deal with anything else. Take care of one issue the best you can and move to the next without dwelling on the first. Your focus is strong, and you can tackle many issues efficiently.

ARIES (MAR 21-APR 20)

Stay on track and you'll have a clear runway. If you deviate from where you need to be, you might get a harsh reminder from something or someone. There are powerful forces at work. You'll benefit if you work with instead of against them. Maintain your focus on the truth and those aspects that align with your soul.

TAURUS (APR 21- MAY 20)

One wrong step will cause you to tumble to the ground. Don't put so much pressure on yourself. You may see things as life or death situations when what's required now is an upbeat attitude. If you insist on making things more complicated than they need to be,

GEMINI (MAY 21-JAN 21)

Someone or something may intimidate you and make you want to retreat, Gemini. But this person or situation is the very thing you need now in order to do what you have to do. Opportunities are there for you even though they may be disguised. Have confidence that you're ready for the next step in your journey.

CANCER (JUN 22-JUL 22)

Your first reaction may be to get upset and make your viewpoint even more rigid. It's important that you be more laid back. Accept that other people have different perspectives on the situation. Work with instead of against them. Walk away if others are unreasonable. Don't let everyone else's affairs suddenly become more important than yours.

LEO (JUL 23- AUG 22)

This is a good day to do errands. You can juggle many things at once, so continue with confidence. Make sure that you do each task thoroughly instead of skimming over them. Others are likely to notice your work. Do work that makes you proud.

VIRGO (AUG 23-SEPT 23)

A key aspect of today is communication, and it wields a great deal of power. People are fighting for knowledge today so is sure of your facts before you start tossing them out there. You'll command respect from others, thanks to your solid commitment to the truth

LIBRA (SEPT 24-OCT 23)

You may work with a detachment that's healthy on a day like this. You can deal with issues in a level-headed way without getting caught up in emotional drama. Meanwhile, others might take things very personally. Be aware of their needs today in every aspect of life and expect challenges too.

SCORPIO (OCT 24-NOV 22)

Talking things over with friends is likely to be a nourishing exercise for you, Scorpio. Instead of trying to work things out in your head, say them aloud and ask others for their perspectives. A tremendous amount of healing can take place when you confess what's bothering you. Find the relief that comes from having a willing listener.

SAGITTARIUS (NOV 23- DEC 21)

Engage in lively activities with friends who keep you abreast of the latest in culture, Sagittarius. See a movie, go to a bookstore, or visit a museum. This should be a fun time in which you can bounce ideas around and explore your thoughts and feelings. Be careful that your conversation doesn't lapse into gossip.

CAPRICORN (DEC 22-JAN 20)

Even if you try to explain your thought process and where you are emotionally, it still seems like others are more concerned with themselves. Only you can really understand how you feel. Be your own cheerleader. It isn't necessary for everyone to understand everything about you. An air of mystery is part of what makes you intriguing.

To receive NATIONmobile horoscopes on your mobile, SMS the Star you want, eg LEO to 20667 at 10/- above normal rates.

TELEVISION

CITIZEN TV

5:00 Pambazuka Music
8:00 Knowzone 9.20 Naswa
10:00 Wedding Show -
Omin-bus 11:00 Great Debate
Contest 12:00 Pavitra Rishtha Re-run
1:00 Live At 1
1:30 Shamba Shape Up
2:00 Dear Mother
2:30 Tabasamu 4:00 Silhouettes
4:30This is Us
5:00 Mashtaka
5:30 Jastorina
6:00 Kaa Rada
6:30 Habibu
7:00 Nipashe Wikiendi
7:45 Naswa
8:15 La Maquerida
9:00 Citizen Weekend
10:00 I Dont Trust Men Anymore
11:00 Afrosinema
01:30 Afrodizzia

KTNTV

6:00 Turning Point
6:30 Joyce Meyer 7:00 Cartoons
8:00 Club Kiboko 9:00 Marvels
Cartoons 10:00 Yolo 11:00 Straight
Up Live 1:00 Lunch Time News
1:30 Smart Harvest 2:00 Movie
4:00 Mbiu Ya KTN 4:10 Jalang'o with
The Money 5:10 Tendereza
6:30 IAAF 6:30 KTN Leo 7:30 Ninja
Warrior 8:00 Deal or No deal 9:00
KTN Weekend Prime 10:30 Rasha
Rasha 12:00 CNN

K24 TV

5.30 Praiz 7.00 Turning Point 8.00
Movie 9.30 Just Kids 10.30 Playlist
11.00 Riddim Up live 1.00 K24
Newscut 1.30 Arena 254 Live 3.00
The Playlist 4.00 Without You
6.00 Valgame Dios 7.00 K24

Wikendi 7.35 Mishoni 8.00 America's
Got Talent 9.00 K24 Weekend
Report 0.00 K24 Rave With Joe
Mfalme 02.00 Al Jazeera

EBRU AFRICA TV

7:15 Table Talk 7:40 Dino Rampage
8:05 Arthur 8:30 Cailou 8:45 Tarchin
and Friends 9:15 Boonie Bears
9:30 Wonder Box 10:00 Wimzies
House 10:25 Backyard Science
10:40 Reflection 11:00 Y -Connec
12.30 Documentary 1.00 Weekly
Report 1:30 World of Football
2:00 News in Focus 3:00Passione
4:00 Weekly Report
4:30 Bonie Bears 4:45 Cailou
5:00 Fifth Dimension 6:00 Sugar and
Spice 7:00 Ebru Magharibi
7:30 Mama Digital 7:50 Afro Beat 8:
30 Changamka 9:00 Ebru News 9.30

Weekly Report
10.00 Cover Me 11.30 Ebru Magharibi

KBC TV

05.00 BBC World News
7.00 Fire Ministries 7.30 Miracle in
the Village 8.00 Neno Litakuweka
huru 8.30 Voice of Fire 9.00 Jesus
Winner 9.30 Big Minds 11.00
Angaza Live
1.00 KBC Lunchtime News
1.30 Dunia Wiki Hii
2.00 Game On
5.00 Praise Mix 6.00 Jee Huu ni
Ungwana 6.30 Abled Differently
7.00 KBC Taarifa
7.30 First Family 8.00 Masaibu
8.30 Family Court 9.00 KBC News
10.00 Weekend Movie 11.30 CCTV
News
12.30 BBC World News

CINEMA » SMS MOVIES TO 20667 TO RECEIVE MOBILE MOVIE ALERTS AT 10/- PER ALERT

NAIROBI

FOX CINEPLEX-SARIT CENTRE

SCREEN I
"MINIONS" (3D) (P/G)
11AM, 1.45PM
"THE FANTASTIC FOUR" (TBA)
3.45PM
"MISSION IMPOSSIBLE: ROUGUE
NATION" (TBA)
6PM
"BROTHERS" (TBA)
9PM

SCREEN II

"MISSION IMPOSSIBLE: ROUGUE
NATION" (TBA)
1.45PM, 4.30PM, 9.20PM
"THE FANTASTIC FOUR" (TBA)
11AM, 7PM

CENTURY CINEMA-JUNCTION

SCREEN I
"INSIDE OUT" (2D) (P/G)
10AM, 12PM, 2PM, 4PM, 6PM, 8PM
"VACATION " (2D) (18+)

10PM
SCREEN II

"FANATASTIC FOUR" (3D) (PG)
10.45AM, 1PM, 3.15PM, 5.30PM,
7.45PM, 10PM

SCREEN III

"MISSION IMPOSSIBLE: ROUGUE
NATION" (2D) (PG 16)
12PM, 2.30PM, 5PM, 7.30PM, 10PM

SCREEN IV

"MINIONS" (3D) (P/G 13)
10AM, 12PM, 2PM, 4PM, 6PM
"ANT MAN" (3D)
(PG 13)
7.45PM, 10PM

PLANET MEDIA, PRESTIGE
PLAZA, NGONG ROAD

"INSIDE OUT" (3D) PG)
11.15AM, 1.20PM
"THE FANTASTIC FOUR" (TBA)
1.30PM, 3.20PM, 6.20PM, 9PM

"VACATION" (16)
10.30AM
"MISSION IMPOSSIBLE: ROUGUE
NATION" (16)
12.35PM, 3.10PM, 6.20PM
"BROTHERS" (BOLLYWOOD)
(TBA)
5.50PM, 8.55PM

PLANET WESTGATE MALL

"FANTASTIC FOUR" (2D) (TBA)
11.30AM, 2.30PM, 4.30PM,
6.30PM, 8.30PM
"MISSION IMPOSSIBLE 5:
ROUGUE NATION" (2D) (TBA)
11AM, 1.30PM, 4PM, 6.30PM, 9PM
"INSIDE OUT" (2D) (G/E)
10.20AM, 12.20PM
"ANT MAN" (2D) (P/G)
2.20PM, 4.40PM
"MINIONS" (2D) (G/E)
11AM, 3.40PM
"VACATION"(2D) (16)
7PM

"BROTHERS" (BOLLYWOOD)
(TBA)
11AM, 2.40PM, 5.40PM, 8.40PM
"BANGISTAN: (BOLLYWOOD)
(PG)
1PM, 9PM
"DRISHYAM" (BOLLYWOOD) (PG)
5.30PM, 8.40PM

IMAX KENYA CINEMA,NAIROBI

"MISSION IMPOSSIBLE 5:
ROUGUE NATION"
8.10AM, 10.25AM, 12.40PM, 3PM,
5.30PM, , 8PM, 9.50PM

ANGA SKY CINEMA, PANARI

"MISSION IMPOSSIBLE 5:
ROUGUE NATION"
9AM, 5.20PM,9.40PM 1.30AM
"THE FANTASTIC FOUR"
(TBA)
7AM, 11.20AM, 1.50PM, 3.20PM,
5.30PM, 7.40PM
"BANGISTAN"

9.50AM
"VACATION"
1.20PM
"BROTHERS"
12AM, 2.40PM, 7.0PM, 10.30PM
"DRISHYAM"
7AM
"INSIDE OUT"
12.10PM

NET MEDIA CINEMAS,
NAKUMATT MEGA CITY MALL,
KISUMU

""THE FANTASTIC FOUR"
(TBA)
2PM, 6.45PM, 8.45PM
"MISSION IMPOSSIBLE 5:
ROUGUE NATION" (16)
4PM, 6.20PM
"BROTHERS" (TBA)
8.40PM
"VACATION"
(16)
12.10PM

LOVE IS ONLY A PHONE CALL AWAY

WOMEN SEEKING MEN

Joy Kilonzo, 27, is a born again, hardworking, Christian graduate, with strict moral principles, born, bred and working in a stable job in Nairobi. She is looking for a hardworking, principled, never-married, no kids, born again Christian graduate, aged 28-34 years. He should be preferably from eastern, central or coastal Kenya. Email joy2kilonzo@gmail.com.

Alice Wairimu, 47, educated up to Form Four and working in Nairobi, is a never-married, no children, down-to-earth, born again Christian of average height. She is trusting God for a man aged 45-56 years. He should be a born again Christian, widowed or just single (but not divorced), with or without children, employed or in business and preferably from central Kenya. Telephone 0771 728 992.

Trizah Wamuyu, 40, is a never-married, no kids, trustworthy, Nairobi-based Christian professional from Murang'a, with postgraduate education. I wish to be sought out by an unattached GEMA graduate gentleman, who is mature, genuine, ambitious, professionally employed, stable, with strong family values, aged 40-46 years, and ready for a healthy friendship and settling down. Email trizahwamuyuh@gmail.com.

Mercy Maina, born in 1967, educated up to college but left professional employment to go into business, loves farming and reading. She is hardworking, tall, of chocolate complexion, Catholic, and has a teenage son. She desires to have a stable, fun-loving, Christian life companion, aged 50-60 years, with whom she can enjoy life and usher in the twilight years together. Email mercy2maina@yahoo.com.

Maryanne, 40, is a Christian and a great home-maker who values family, and is ably taking care of her two teenage daughters. She is from central Kenya but is based in Nairobi. She is self-driven, has a simple

heart, is truly happy and doesn't take alcohol or smoke. Looking for a tall, slender, stable man with two or three children aged 10-20 years. He should be a non-smoker. Email: happymaryanne@yahoo.com.

Julie Njeru, born 1985, with a stable job and business, holds a master's degree, is of light complexion and average size, loves farming, travelling, hiking and nature walks. She is Catholic and has a three-year-old daughter. Looking for a stable and god-fearing gentleman, educated up to degree level, with a positive attitude to life and aged 30-40 years. He should be an eastern Bantu. Email: julie2njeru@yahoo.com.

Zarina, 48, is a Muslim lady who is living positively. She works and lives in Nairobi. She is looking for a man of the same status, aged 48-60 years, for a serious relationship. Call 0770 951 840.

Esther Wambui, 28, is a god-fearing and born again Christian. I am a Gospel artist and teacher and would like to meet a god-fearing, honest and understanding man from the GEMA community, aged 30-36 years. He should be a professional or in business and ready for a serious relationship leading to a perfect marriage. Artists, conmen and jokers, not allowed. HIV/AIDS test is a must. If interested SMS/call 0739 513 140.

Valentine, 39, is a mother of one, who is stable in business, from the Luhya community living in Kakamega. She is HIV-positive. Looking for a single, honest, financially stable man, aged 40-55 years of the same status preferably from Nyanza/western Kenya. He should be humble, honest, responsible, well-kept with good morals and ready for commitment. No Jokers. Call 0706 419 623.

MEN SEEKING WOMEN

Ian, 28, is a lonely, god-fearing, loving, caring and understanding guy who never drinks or smokes. He is seriously looking for

a beautiful, down-to-earth, and god-fearing woman for a relationship that will lead to marriage. If you are sincere and serious, please call 0722 801 618.

I am a god-fearing Kenyan businessman aged 39. I am widowed and blessed with a nine-year-old daughter. I need a serious, mature and humble lady for a long and promising relationship. Call/SMS 0721 216 901/0786 702 747.

A 40-year-old man is looking for a lady of good morals to start a relationship with. She should be a virgin, mature, loving, kind and compassionate. She shouldn't be after money, but should be one who is tired of wondering if there is true love. I promise to love you till you forget your name. Look no more, take a step and text your details to 0733 719 142 and I will reply and call you back.

Ibrahim Shisia, 30, is a medical practitioner dealing with organisations around Eastern Africa. Looking for a serious relationship leading to marriage. The woman should be aged 30-45 years. Call 0726 620 167 or email shisiabale85@gmail.com.

Are you a serious Kenyan lady looking for love and marriage? Breene Hutton is a Canadian man ready to invest in Kenya and he needs a dedicated lady who is up to the task to partner with. Call 0720 794 758.

I am a 23-year-old girl and my boyfriend is from Europe. His friend, a 49-year-old doctor, is looking for a Kenyan soulmate to marry. She should be aged 18-25 years. She should be simple, well-behaved, of good morals, polite, down-to-earth, very black, very slim, and with no kids. Please email your photos and biodata to anakupenda@gmail.com. He will reply with his photos and biodata.

AGENCIES

Pinevelvet Dating Services of P.O Box 77565-00611, Nairobi, is run by a team of

dedicated relationship experts who will link you with your preferred partner in confidence. Send us your profile indicating the profile of the partner you want. Whether HIV-positive, widowed, divorced, separated or single, we will find someone for you. Contact us Email: Pinevelvetdatsev@gmail.com. Call/SMS 0713 784 636, 0736 926 031.

Gracious Partners of P.O Box 26317-00100 provides dating/counselling services to HIV-positive people. Are you HIV-positive and looking for love, a relationship or friendship? We have thousands of members of all ages from 18 and from all professions, tribes and faiths. Visit us at our offices in Nairobi or Kikuyu Town, Muguku Business Centre, 4th flr or call/send your details to 0701 958 665 or graciouspartners@gmail.com.

Eagles International is a Christian organisation connecting you with fellow born again single, widowed, separated or divorced god-fearing partners, both HIV-positive and negative, aged 21 years and above, from Kenya and all over the world. Call or send your detailed profile to 0721 873 148/0739 306 503. Email: eaglesinternational@yahoo.com.

Get confidential dating at Datefind. For Kenyans/foreigners who need suitable love and marriage partners. SMS or WhatsApp your profile (e.g. name, gender, tribe, age, education level, career, residence, HIV/marital status, number of kids, religion, weight/height, complexion, etc) and details of type of lovers needed. Or send "Love" to 0722 244 271 or 0722 898 939 or 0733 222 008. www.datefindsingles.com

TO HAVE YOUR MESSAGE PUBLISHED IN SOULMATES: Pay Sh1,000 for individual adverts and Sh2,000 for agency adverts at the advertising centre on the ground floor, Nation Centre, or our regional offices. Messages should be no more than 60 words. Disclaimer & caution: Be careful when meeting someone for the first time. Meet in a public place, let a friend know where you will be and carry enough money to take care of your expenses and transport back home.

RELATIONSHIP TIPS

WITH SIMON MBURU

How to get out of the friend zone

Once in a while, you will find that the man you fancy doesn't seem to feel the same way about you at all. Instead, the good guy you'd like to get romantic with only sees you as a good friend and has relegated you to that dreaded corner called the friend zone. But even while there, you still harbour the thought that you can be more than friends. Well, your dreams are valid and with the tips below, you can move from the friend zone to a blossoming relationship with the man you fancy.

■ **Be less interested:** The first thing to note is that your relationship with your friend is imbalanced, so take a step back to balance the scale. According to Jeremy Nicholson, a psychologist, in an article in *Psychology Today*, one of the reasons you got friend zoned was because you became too nice,

and made all the concessions and sacrifices, which made it very easy for the other person to be with you. Stop being too easy to be with by being less interested. "Being less interested will make it easy for you to walk away." In the same vein, be scarce in your love interest's life. "When you are no longer around as much or tending to his needs, he will most likely feel a loss and increase his desire for you and his willingness to meet your needs back," Nicholson writes. However, if your being scarce has no effect on your prospective partner, move on and don't look back!

■ **Make the move soon enough:** While David DeAngelo, author of *Double Your Dating*, gives tips for guys who have been pushed to the friend zone, these same tips could work for women facing the same dilemma too. DeAngelo advises that you should not delay in making your intentions known to the

person you are attracted to, but you should be careful not to come across as desperate or needy. He adds that acting shy and needy will trigger a friendly, rather than a romantic, response from your love interest. He further says that it is critical to show your love interest that you have a life and that you'd like to have some fun with him to see where it goes; if he's still not into you, then you should move on instead of hanging around as a friend waiting for him to warm up to you.

■ **Body Language:** According to relationship coach and author Kiley Coleman, your body language is a great asset when navigating your way out of the friend zone. "Your body language should be very introverted. Make sure there isn't physical touching," he says. "For instance, when you speak with him, keep one shoulder in and one shoulder out to show that you're listening but you

are still able to leave if uninterested. When you laugh together, turn your head to look around.

■ **Stop being boring:** According to Dr Chris Hart, a psychologist based in Nairobi, if you have a friendship you'd want to graduate into a romance, then you should get exciting. "Suggest that you go on dates in places that he'll find exciting. For instance, go dancing, hiking or work out together, learn a new sport or attend a live concert together. "Fun and excitement lead to arousal," he says, adding that you should bear in mind that without attraction, you are headed nowhere.

■ **Treat him in a special way:** Dr Hart says that when you want a guy to stop seeing you as a friend and to see you more as a person you'd like to go out with, treat him in a special way and make him realise that the special treatment is only between the two of you.

It's time to take your seat among the greats.



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